

Exploring Wellbeing in a Pandemic

April 2020

Goals for Today

- Explore the various aspects of wellbeing
- Understand COVID-19's impact on wellbeing
- Learning to cope with COVID-19

Mindfulness Exercise

30 second mindfulness exercise to help you relax.

Just follow along



What is Wellbeing?

A sense of mental and physical wellness achieved through a balance of 5 key elements



Emotional



Physical



Financial



Community



Resilience



COVID-19 is impacting us in many different ways:

- ✓ Fear, anger, anxiety, sadness, and depression
- ✓ Impacted families
- ✓ Death of loved ones
- ✓ Loss of jobs
- ✓ Loss of usual interactions
- ✓ Loss of routines and rituals



The emotional toll of COVID-19

45% say their emotional well-being has worsened

41% Are feeling more stressed

34% Increase in antianxiety medication prescriptions

55% Are feeling more lonely

The physical toll of COVID-19

53% of Americans have self-quarantined for 14 days

90% know what to do if they feel sick or suspect they have the virus

31% report the ability to access care has gotten worse

14% say their physical health has worsened

24% say their ability to protect the health of their household has gotten worse

3/4 of individuals have canceled or skipped large gatherings

The financial toll of COVID-19

79% Worry the pandemic will trigger a recession

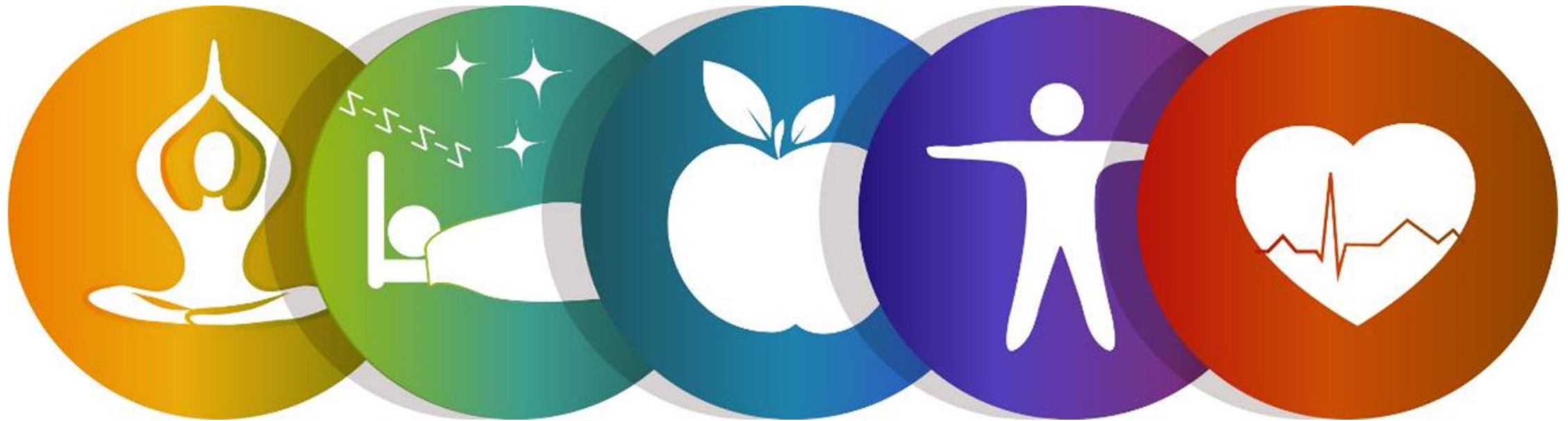
40% of Americans say they've lost a job or income due to COVID-19

25% of Americans have been furloughed, laid off or had their employers close

41% Feel the economy will be weakened for a few years

Wellness is not the absence of illness.

One can strive for wellness even if one's experiences challenge one's life.



The impact is not static

A lot of research has looked at what occurs to the individuals and community after a disaster occurs

The impacts of a disaster can mirror some of the impacts of the pandemic

With the pandemic the time line may not be as clear as with a specific event (such as a tornado or flood)

The process can be different for different people dependent on life circumstances

Throughout this process, there is a process of grieving.

Typical emotional response during the phases of a disaster



Ways to Cope

- ✓ Take a Break
- ✓ Distract yourself
- ✓ Gain Control in Small Steps
- ✓ Vary your routine



Ways to Cope

- ✓ Find ways to celebrate
- ✓ Practice gratitude
- ✓ Maintain healthy habits
- ✓ Practice Mindfulness



Ways to Cope

- ✓ Develop a community of support
- ✓ Foster optimism
- ✓ Develop and nurture a sense of humor
- ✓ Practice Self-Compassion
- ✓ Develop a schedule



Help is available

- ✓ If you continue to experience ongoing difficulties this is also very common after a disaster
 - ✓ Some common symptoms can include:
 - ✓ Sleep disturbance
 - ✓ Anxiety
 - ✓ Depression
 - ✓ Increased irritability
- ✓ Help is out there, please call the number on the back of your insurance card.

After the crisis is over...

For many people surviving a disaster they discover things about themselves.

- ✓ Achieve heightened sense community
- ✓ Deeper recognition of meaning and purpose
- ✓ Better able to cope with future life stressors



Mindfulness Exercise



Guided Imagery Mindfulness
Technique

Just follow along

References/ Suggested Readings

www.beaconhealthoptions.com/coronavirus

Appendix- Mindfulness Exercise

First, sit up, put your feet on the floor and rest your hands in your lap.

Inhale slowly. One...two...three...four.

Hold that breath a few seconds and mentally say the word, 'relax'.

Exhale slowly. One...two...three...four...five.

Inhale again slowly. One...two...three...four.

Hold that breath and mentally say the word, 'calm'.

Exhale slowly. One...two...three...four...five.

Inhale slowly. One...two...three...four.

Hold that breath and mentally say the word, 'peaceful'.

Exhale slowly. One...two...three...four...five.

Notice that you feel more relaxed than you did just a minute ago.

Appendix Mindfulness Exercise

I want you to try another very brief mindfulness exercise. This one uses a technique called guided imagery.

Make sure you're sitting comfortably. Leave your arms and legs uncrossed, feet on the floor, hands in your lap.

Close your eyes.

Think of a place that's safe and calm. It could be a real place you've been to or an imaginary one. It could be a place that brings back fond memories.

Preferably, it's somewhere outdoors and a natural setting. A beach, a park, a forest, a desert or a mountain... sitting around a campfire, watching the waves roll in, having a picnic or seeing a stream fall over some rocks.

Ideally, you're alone or with a just few loved ones. Crowds can be fun but they're still stressful.

Have you got your calm place?

Now, pay attention to what your senses are telling you about that place.

What do you see in your mind? Water? Birds? Trees? Animals?

What do you hear? Surf? Leaves rustling? Firewood popping and cracking?

What do you feel? The wind blowing across your face? Your body against the sand?

What do you smell? Flowers? Food cooking somewhere? Wood smoke? The forest floor?

Take a moment in that calm place to soak in all these sensations at the same time.

Take a few slow breaths and, when you're ready, open your eyes.

Thank you

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