Staying Grounded During COVID

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COVID and Change

• COVID has changed the way we live, learn and work...

• A recent study showed that:
  43% Canadians felt that their lives have changed in a **MAJOR** way and
  47% Canadians felt that their lives have changed because of COVID

Reference: Association of Canadian Studies, (Oct 2020)
Prolonged Stress Exposure

[Diagram showing the stages of stress response: Alarm reaction, Resistance, Exhaustion]

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Within Our Control

May not be able to control the changes and stressors we are experiencing due to COVID...

but we can control our reaction in this moment
Breathing in, I calm my body.
Breathing out, I smile.

Dwelling in the present moment, I know this is a wonderful moment.

― Thich Nhat Hanh
Re-Set throughout your day

Nasal breathing technique
Let’s try this together...

Figure 8 Breathing
STOP Technique

• Stop
• Take a few breaths
• Observe
• Proceed

Reference: Mindfulness Based Stress Reduction, (2017)
5, 4, 3, 2, 1

5- things you can see
4- things you can touch
3- things you hear
2- things you can smell
1- thing you can taste

Reference: Mayo Clinic, Speaking of Health, (June 2020)
Self Compassion

• **Way of relating to yourself** (just like you would support others)
• **Awareness** of what is (here and now)
• **Acceptance** of pain and suffering (common humanity)
• **Kindness** towards self (during this moment)

Reference: Dr. K Neff, Mindfulness for Peak Performance (2015)
Rough day?

Try some self-compassion...
Optimism Activity - Three Good Things

Rx for positive mental health

Take time to think about and write down 3 good things about your day

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________

Recommended dosage:
Do every day to bring more happiness and health to your day - keep up the good work!

Enjoy life more!

A message from the WRHA Mental Health Promotion Team
Mental Health and Wellbeing
Plan:

**What?** Grounding technique(s) I would like to try over the next 3 weeks (choose 1-2)

**When?** Some situations or moments in my day that I will use Grounding (describe)

**How?** What needs to be in place so I can use Grounding throughout my day? (list)
Interested in more? AbilitiCBT

You’re here for us, let us be there for you

To support your patients it's important to also take care of yourself.

Confidential virtual therapy that addresses COVID-19-related anxiety, including self-care tips to cope with stress, is available on your mobile device anytime, anywhere without a doctor’s referral.

Sign up for AbilitiCBT at manitoba.ca/covid19

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References:


References:


Thank you for participating!