COPING WITH STRESS AND UNCERTAINTY

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care coalition

RENEW
Therapeutic Enhancement Services

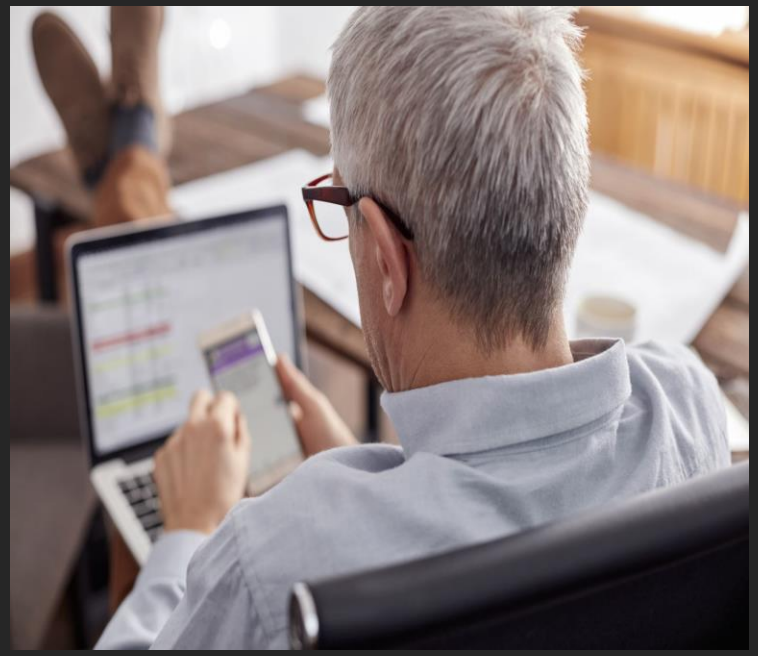
"Nothing is so painful to the human mind as a great and sudden change."

- MARY WOLLSTONECRAFT SHELLEY: AUTHOR OF "FRANKENSTEIN"

WHEN COPING WITH STRESS AND UNCERTAINTY

1. ACKNOWLEDGE
2. ASSESS
   - ACCEPT,
   - ALTER or
   - AVOID

TO COPE OR NOT TO COPE…



INFORMED vs OVERWHELMED

SOCIAL DISTANCING and ENGAGING WITH THE WORLD

ENTERTAINMENT, AVOIDANCE ADDICTION or DEPRESSION?

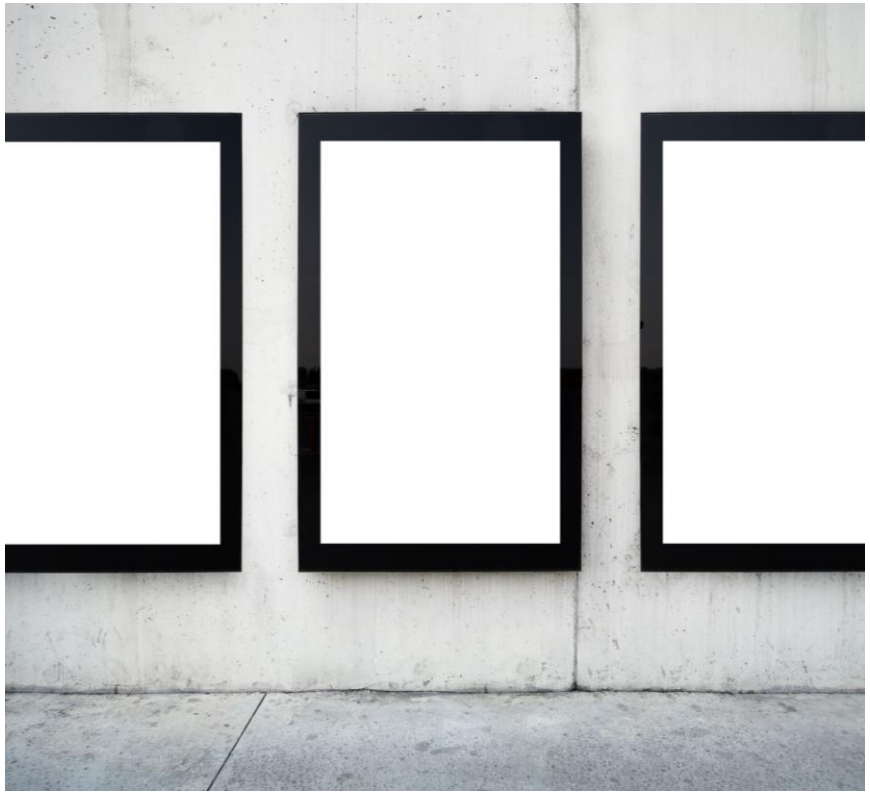
Common Responses When Terrible Things Happen

DISTRESS	EUSTRESS
Confusion, worry, self-blame, disorientation, difficulty concentrating, rumination	Courage, determination, resolve, faith, optimism, altruism
Shock, fear, sadness, denial, anger, emotional numbness, guilt, irritability	Feeling needed, involved, challenged, purposeful and mobilized
Extreme withdrawal, interpersonal conflict, social avoidance, isolation	Social connectedness, reaching out, helping behaviors, being of service
Fatigue, aches (stomach, head, back), muscle tension, rapid heart rate, high blood pressure, insomnia, hyperarousal, easily startled	Increased energy and alertness, readiness to respond

"Men are not so much disturbed by things, but by the view they take of them."

- EPICTETUS: 50 – 135 AD

ALTER / REFRAME



“Stuck at home, can’t see my family and friends” or…

- I get to catch up on projects
- I finally have, time to clean my closets!
- I’m sending cards and letters to loved ones
- Meditating 10 minutes every day
- Working on my Fourth Step
- Learning to cook Thai food
- Reading books again
- On YouTube or DuoLingo learning to_____.

REFRAMING

SIMPLE, BUT NOT EASY

“Today I escaped anxiety.
Or no, I discarded it, because it was within me, in my own perceptions – not outside.”

- MARCUS AURELIUS: ROMAN EMPEROR 161 TO 180

"We must look at the lens through which we see the world, as well as the world we see, and that the lens itself shapes how we interpret the world."

- STEPHEN R. COVEY, AUTHOR

“Barns burnt down,
now I can see the moon.”

- MAZUTA MASAHIDE: 17TH CENTURY POET & SAMURAI

GOALS?

Resources

Magellan Healthcare COVID-19 Response Crisis Hotline for Front-line workers. https://www.magellanhealthcare.com/covid-19-2/covid-19/ or call 1-800-327-7451 (TTY 711) if you want to talk

National Suicide Prevention Lifeline: text 741741 or call 800-273-8255

Turn2Me: founded in 2009. Over age 18 can share personal problems and get support and useful information. Free online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and general mental health issues.

Foundation for Recovery - Resource Directory: https://forrecovery.org/recovery-support-services/nv-resource-directory/ NEW: **Peer Warm-line: 1-800-509-7762, Monday - Friday from 7a.m. to 7 p.m.** If you are not connected immediately, we are assisting another peer. Please leave a message and we'll get back to you as soon as possible

The Right Way Recovery – National mental health and substance use treatment placement on most commercial insurance plans, www.drugandalcoholtreatmentservices.com or call 619-630-7844.