Managing Mental Health during COVID-19

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Today's Agenda

- We're going to run through the following topics very quickly!
  - Managing anxiety
  - Talking to Youth
  - Positives of social distancing
  - Kids and time off
  - You have time off
  - Consuming media
  - Self care

- Breakout-style dialogues hosted by
- Recording will be available soon after our meeting
  - PowerPoint, links, and files, too!
- Available for questions 11-1130 – I’ll unmute you
Tips for Managing Anxiety
Join me on March 20, 21, 23 at 10am for more dialogue

1. Limit and control social media exposure (what’s real? facts)
2. Keep calm - Avoid catastrophizing Avoid overgeneralizations
3. Control only what you have control over
4. Eat and sleep - Keep yourself healthy
5. How can you help others?
6. Use practical ways to relax
7. Limit your interactions to what feels comfortable
8. Pay attention to mind, body, spirit. Only you know your signs of depletion.
9. Make plans and be future orientated
10. Be silly and create new ways to greet each other like…
And...

Or how about...

My personal favorite...

Live long and prosper.
Talking to Youth about COVID-19
Join me on March 21 at 2:30 for more dialogue

1. Get ahead of it and keep it simple
2. Calm and reassurance go a long way
3. Check yourself
4. Pay attention and be a good listener
5. Allow them to ask questions and to control the conversation (refer to # 3)
6. Tell them you care & check-in non-intrusively
7. Get facts from reputable sources like 
   - Centers for Disease Control and Prevention
   - State of Rhode Island Department of Health
   - Sit with your youth while exploring these sites
8. Be the CEO! Clearly communicate the mission and values of your family during crisis
The Positive Side of Social Distancing
Join me on March 20 and 23 at 11:30am for more dialogue

1. Reconnect with your self-care practices (here’s mine →)
2. Practice making eye contact
3. Remind yourself that you’re saving lives and doing your part
4. Use social media as it was intended
5. Encourage kindness
6. Circle the wagons – humans are in, COVID-19 is OUT!
7. Be generous in all ways you can
8. Encourages you to breath
9. Challenge…genuinely compliment 3 different people each day. Dig deep!
Now That Your Kids Have Time Off
Join me on March 20 at 1pm for more dialogue

1. Encourage positive activities
2. Model self-care
3. Offer recreational activities
4. Be available
5. Engage your youth around their choices for healthy activities
6. To snack, or not to snack…
7. Trust your youth to make the best choice for themselves
8. Swap household responsibilities
9. Build a routine with your youth (use school hours as a model...or not...)  
10. Encourage time for self-expression (art, play, drama, video games, dance, sports...)
11. Sometimes the path of least resistance is the right path
So, now **you** have time off…
Join me on March 21 at 3pm for more dialogue

1. Knock out some of your ‘to-dos’
2. Learn a new skill
3. Reach out to people outside of your social circle
4. Create your workspace and set some boundaries
5. Self-care
6. Balance your social media to include more positive feeds
7. Eat, sleep, exercise, and play
8. Non-voluntarily out of work? Need TDI, Unemployment?

Rhode Island Department of Labor and Training
TEMPORARY DISABILITY / CAREGIVER INSURANCE
5 Tips on Consuming COVID-19 Coverage

Join me on March 21 at 5:30pm for more dialogue

1. Keep things in perspective
   - “What’s real” and “What do I know?”

2. Get the facts (from a reputable source)
   - CDC, RI DoH

3. Communicate with youth
   - It’s on their social media, too
   - Because you’re watching it, they’re watching it

4. Seek additional help
   - Telehealth and copay waiver

5. Keep connected
   - Maintain your social network
Self Care Does not have to be Complex
Join me on March 23 at 1pm for more dialogue

1. Sleep, nutrition, good hygiene, exercise
2. Connect with others keeping in mind social distancing
3. Mindfulness, breathing (types of exercises)
   - 4-7-8 Breathing with Dr. Weil (1min)
4. Maintain daily structure and routine
5. Maintain connection to hobbies and interests
6. 7 Pillars
International Self-care Foundation

SEVEN PILLARS OF SELF-CARE

1. Knowledge & Health Literacy
2. Mental well-being
3. Physical Activity
4. Healthy Eating
5. Risk avoidance
6. Good hygiene
7. Rational use of products & services
Local Resources and Services

- 401-331-1244
- 830a - 430p
- The Counseling Center
- Kesher
- Case Management
- Louis and Goldie Chester Full Plate Kosher Food Pantry
- Meals on Wheels

- 401-222-8022
- In Rhode Island call 211
- Financial assistance may be available

- 401-414-5465
- 24/7 crisis assessment
- Substance use disorder assessment
- Crisis/suicide hotline
- Housing and basic needs

- 401-278-9100
- Resource for small to medium business in RI

Resources about Schools