



Managing Mental Health during COVID-19

Jeremy Thayer, LICSW, LCDP, RPTS
Clinical Director
jeremy@jfsri.org
401-829-3355 text preferred

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



Jeremy S. Thayer

Clinical Director | Jewish Collaborative Services

Assistant Professor | Rhode Island College | School of Social Work

- 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...

10 things you can do to manage your health at home

And...



Or how about...



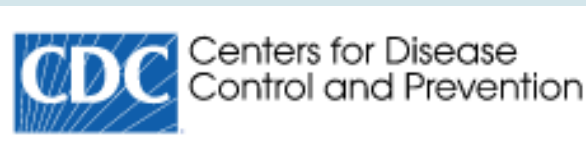
My personal favorite...



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



And



- a) 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

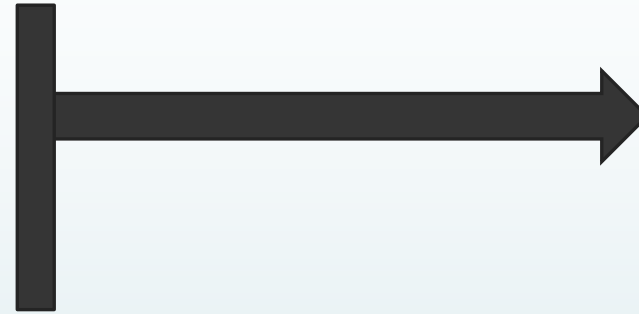
1. Reconnect with your self-care practices (here's mine →)
2. Practice making eye contact
3. Remind yourself that you're saving lives and doing your part
4. Use social media as it was intended
5. Encourage kindness
6. Circle the wagons – humans are in, COVID-19 is OUT!
7. Be generous in all ways you 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



**Last night after 3 hours,
instead of preparing...**

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

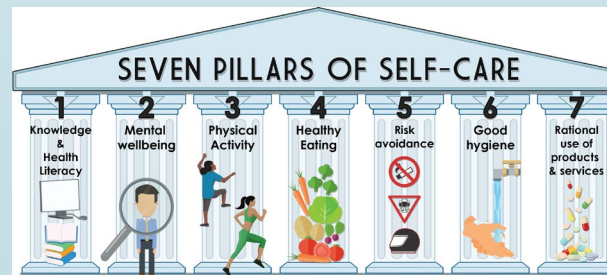
Join me on March 21 at 5:30pm for more dialogue

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 (1 min)
4. Maintain daily structure and routine
5. Maintain connection to hobbies and interests
6. 7 Pillars

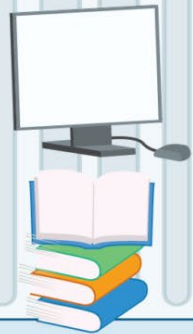


International Self-care Foundation

SEVEN PILLARS OF SELF-CARE

1

Knowledge
&
Health
Literacy



2

Mental
wellbeing



3

Physical
Activity



4

Healthy
Eating



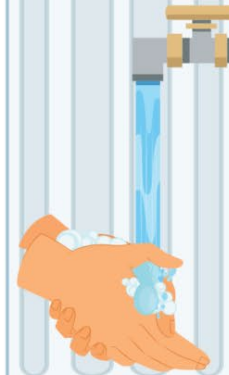
5

Risk
avoidance



6

Good
hygiene



7

Rational
use of
products
& services



Local Resources and Services



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



- Resources about Schools



- 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