



Coping wi Covid- Yarmouth 2020 — Edited
Coping wi Covid- Yarmouth 2020



Coping with Covid

Supporting Resilience as Winter Approaches

Greg Marley, LCSW

Slide Layout

Title Slide

Change M

Appearance

- Title
- Body
- Slide Number

Background

Color Fill

Edit Master Slide

Coping with Covid

Supporting Resilience as Winter Approaches

Greg Marley, LCSW
Clinical Director, NAMI Maine

Maine Suicide Prevention Program

Education, Resources and Support—
It's Up to All of Us

Balance has Never Been More Vital



This is a Very Difficult time!

The Pandemic is Real

- It was sudden and seemed totally out of our control
- It overwhelmed our daily lives rapidly
- The virus is invisible but poses a real threat to health and safety
- The US remains home to the highest number of cases worldwide!
- It impacts finances, access to medical care and other services...
- It forced us into isolation disrupting connection with others
- Not everyone agrees about.... ANYTHING. It has become political

Acknowledge your Feelings



Theater marquee, Dover Foxcroft, Maine, May 2020

We are Impacted; Personally and as a Group

How is this crisis affecting you?

- **Physical Health?**
 - Weight, sleeplessness
 - Covid
- **Emotional/ Mental Health?**
 - Depression and anxiety
 - SUD. & eating disorders
 - Domestic violence
- **Spiritual health?**
- **Financial Health?**
- **Balancing work and family**
- **Being a frontline professional is highly valued right now; and perhaps off-putting...**



There are Losses and Grief

There are phases we all have gone through; some repeatedly, like grief

- Shock, denial and magical thinking
- The uncertainty, pain and distress
- Anger and bargaining
- Depression and anxiety
- Acceptance and innovation
- And cycling back again.....



Be Intentional in Use of Coping Strategies

Start with strategies that have worked for you in the past during times of stress.



Self-Care Suggestions

- Practice “Physical Distancing” and ensure “Social Closeness”
 - ***Maintain a routine*** to preserve a sense of order and control
 - Work, exercise, house and garden projects
 - ***Get good sleep***; it heals and maintains health
 - ***Keep calm and Keep cooking***; good food lovingly cooked is healthy
 - ***Enjoy Maine’s outdoors actively***; walk, bike, hike, swim, paddle, forage.... exercise
 - ***Develop mindfulness practices***; meditate, calming music, journaling, prayer
 - What about as winter closes in?

Supporting mental Wellness in the Pandemic

The Challenges

- Depression and Anxiety have increased
 - Increased from a base-rate of 10% to 20% or more
 - Isolation, uncertainty and fear are the drivers...
- Substance use is up across the board.
- Contagion safety leads to social isolation and also increased anxiety
- The older adults are Maine's most vulnerable group!

Staying Connected Virtually is hard!

- Establishing/maintaining contact
- Harness virtual vehicles to your needs
- Keep it simple:
 - Read a book to a child
 - Watch a movie together
 - Virtual book clubs
 - Virtual dinner or happy hour
 - Virtual board games or Workouts



- This is a longer and longer marathon; not a sprint.

What are the Red Flags?

For you, those you love and those you support in your work?

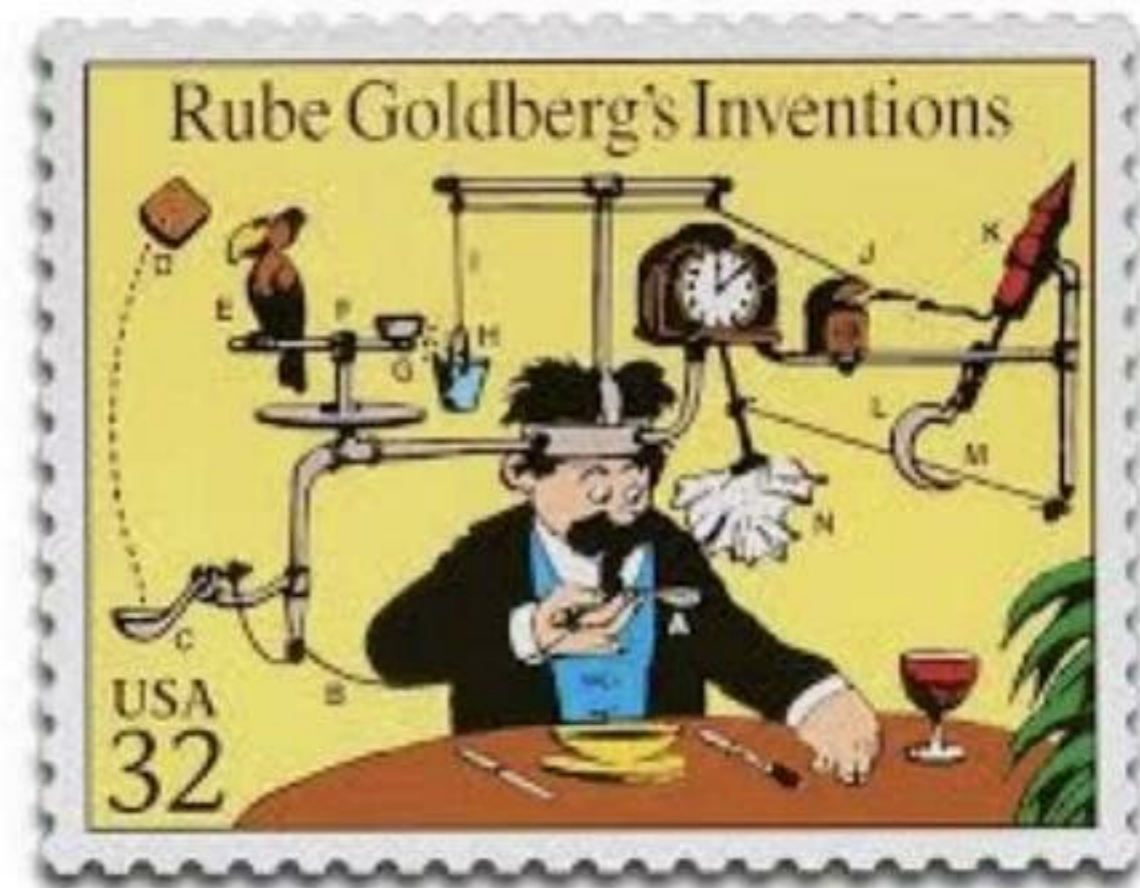
Look for changes...

- Sleep disrupted or too much sleep
- Racing mind and unproductive worrying
- Isolating/avoiding friends and family
- Uncontrolled anger, tears or sadness
- Substance use in control of you.
- Stuck in blame



What are your work-arounds and Hacks?

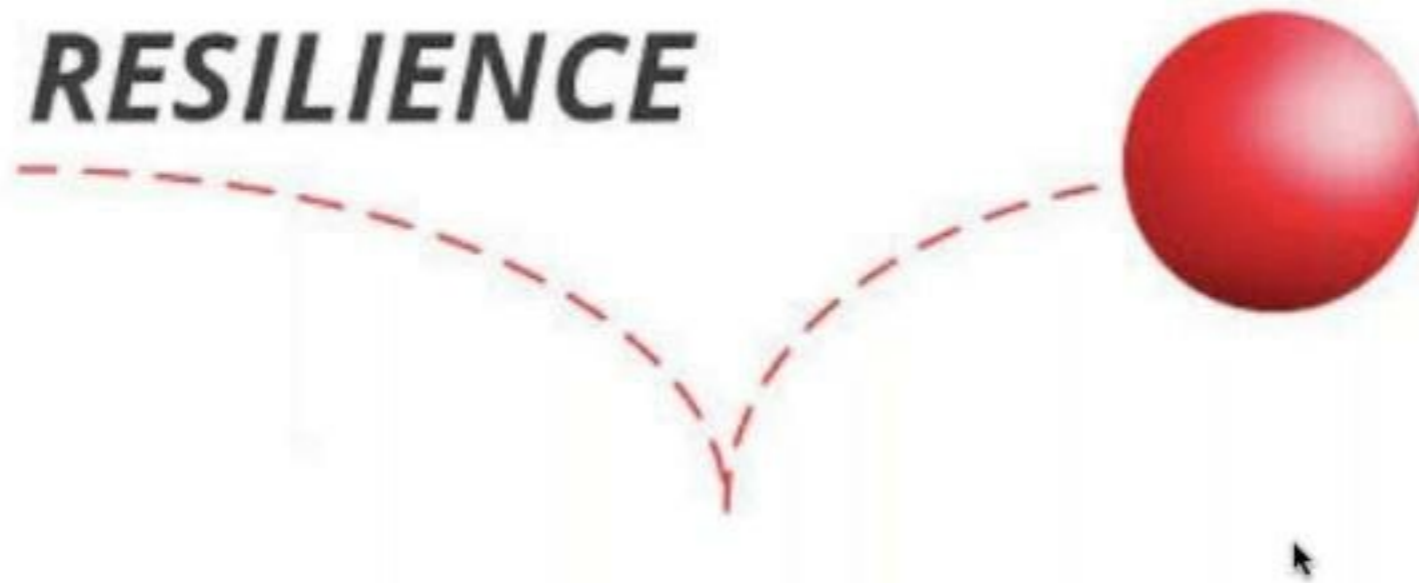
- Zoom dinners; Zoom cooking
- Hobbies that feed my needs
- Online shopping for necessities or Dawn shopping runs
- Working from Home
- Taking advantage of nature/the outdoors
- Social distancing in the same home?
- Growing, foraging and baking your own....
- Giving Back to your Community however you are able



Resilience Defined

- The ability or capacity to recover to to adapt well in the face of trauma, adversity or difficulties:
 - Toughness
 - Bounce Back
 - Flexible
 - Grit

RESILIENCE



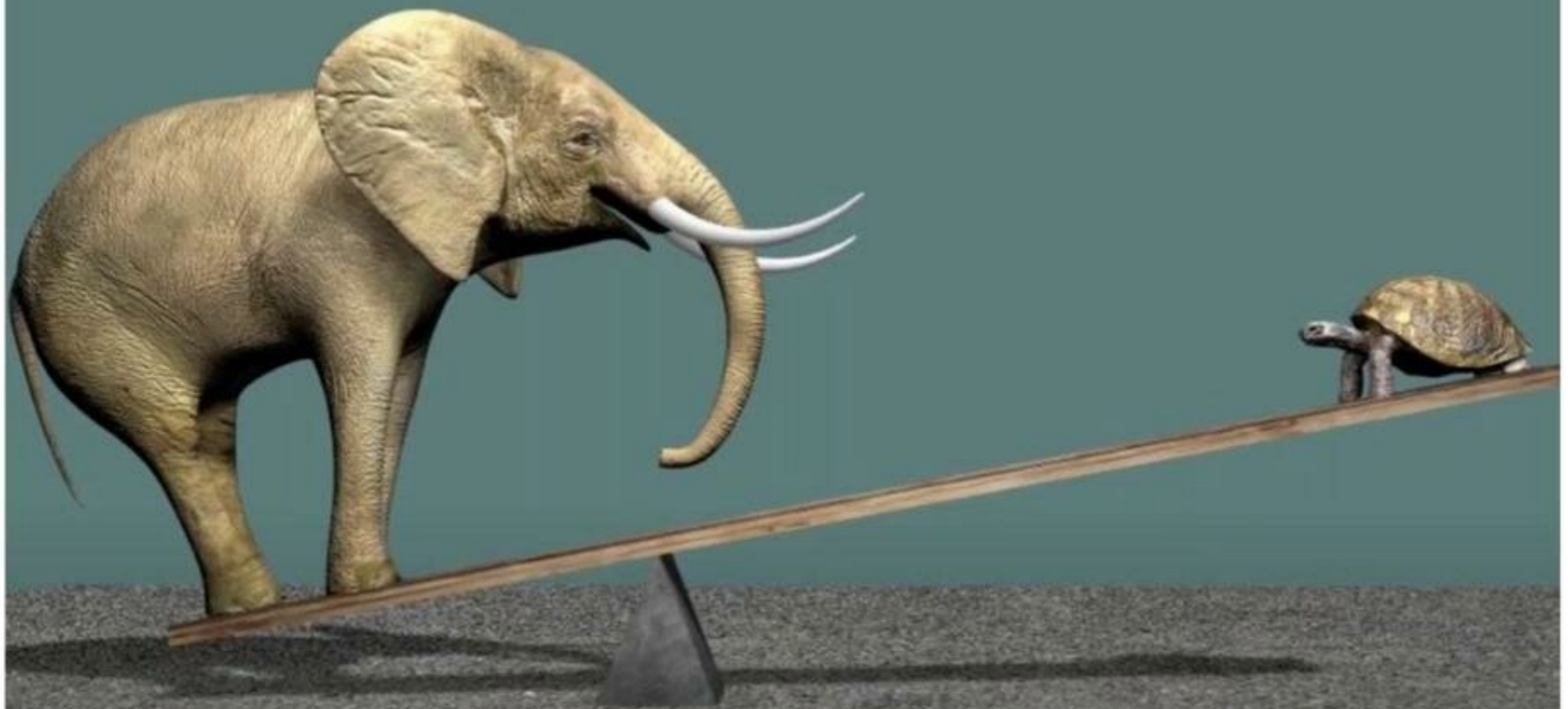
Resilience is about having choices and access to options

More challenging for many during this pandemic time

Concrete Steps to facilitate

- Start where the needs start; Follow Maslow's hierarchy of needs
Food, Shelter, Heat, connection...
- Address isolation; phone trees, virtual support groups, food clubs, give them a job to do assisting others...
- Social events in pods, outdoors, masked and gloved... be innovative
- Access to healthcare, esp. for those who have lost insurance
 - Expanded MaineCare can assist for some
- Access to mental health treatment
 - Telehealth and virtual therapy has helped

Know when it is time to ask for help.



Resources for Help

- **Statewide Crisis Hotline (888-568-1112)**
- **National Suicide prevention Lifeline
800-273-8255**
- **Referral to community counselors/therapist**
- **NAMI Maine Helpline. 622-5767**
- **ManTherapy.org**
- *Education groups and support groups*
- **Other.... ?**

Who can you consult with for questions and concerns?



FIND HELP. FIND US.

Call us: (800) 464-5767

- ***Press 1 for the Help Line***
- ***Monday – Friday, 8am – 4pm***



Find us online:

www.namimaine.org

- **Sign up for membership and classes**
- **Browse support and resources**
- **Find you local affiliate and**



Questions and Discussion

- Greg A. Marley, LCSW Clinical Director, NAMI Maine
gmarley@namimaine.org 207-677-5767 x. 2302
- Training Program Inquiries: Gretchen Swain,
mspp@namimaine.org 207-622-5767 x.2310

