

Adjusting to the New Normal: Resilience, Endurance and Whole Person Self-Care

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Selflessness, Flexibility...



Strength, Balance, and Endurance



WE



Resilience

What resilience *is*:

- maintaining flexibility and balance in life as you deal with stressful circumstances and traumatic life events
- adaptation to adversity - the ability to “bounce back”
- feeling effective and capable of handling uncertainty
- behaviors, thoughts and actions that can be learned and developed

What resilience is *not*:

- a characteristic or personality trait



Resilience (cont.)



Some Suggested Resilience Building Activities:

I. Positive Emotions - Change the Narrative

- Journaling, “silver linings,” and gratitude

II. Meaning in Life

- Find or re-connect with your purpose, your “reason for being” ([Worksheet](#))
- Perform acts of kindness

III. Social Support

- Pick up the phone!
- Join an online group

Resilience (cont.): Mindful Meditation

Mindfulness

Being fully present and engaged with whatever we're doing at the moment — free from distraction or judgment, and being aware of our thoughts and feelings without getting caught up in them

Mindful Meditation

Moment-to-moment awareness gained through the activity of meditation

Meditation

An activity – the formal practice of finding inner peace and calm by reducing mental chatter

What is self-care?

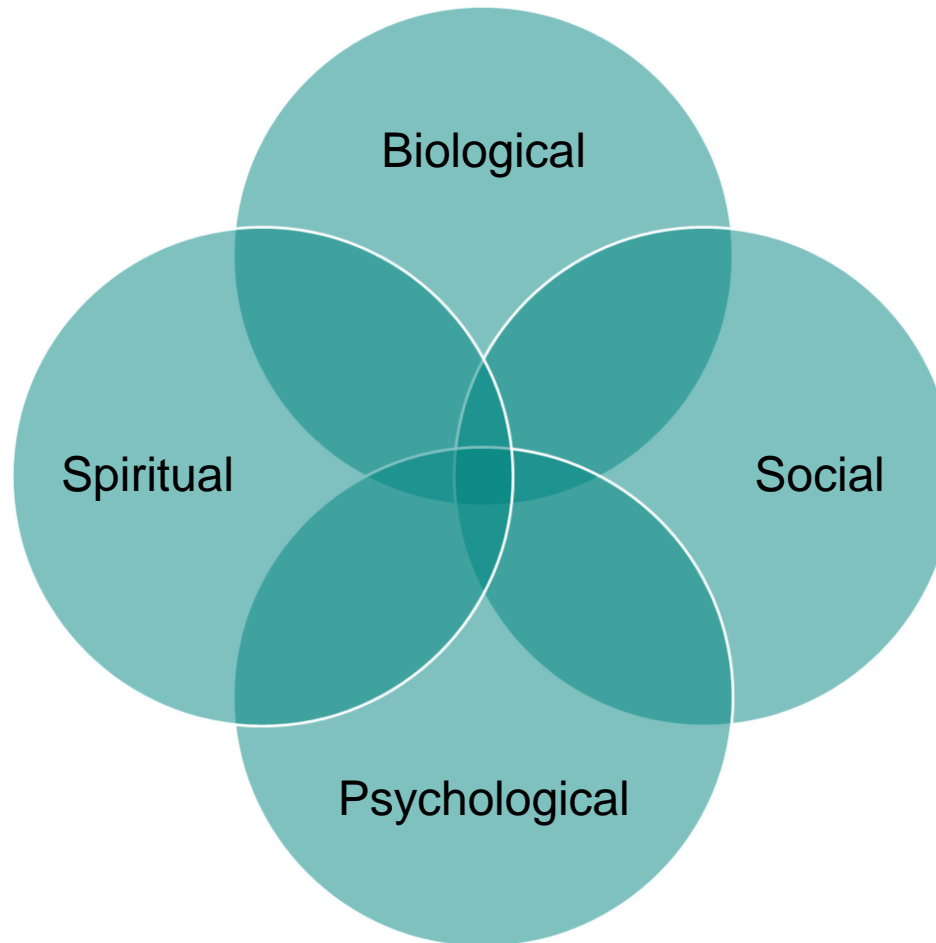
- deliberate activities we consciously engage in to care for ourselves

Why self-care?

- key to building resilience and creating a balanced life
- necessary to reduce stress, anxiety, and depression
- required to avoid burnout or compassion fatigue
- needed *daily* – especially now



Whole Person Self-Care



Daily Routine and Self-Care

Self-Care Domain	Classic Concepts/Activities	Re-framed into Daily “Do-able” Practices
Biological	Regular medical care; healthy diet; exercise; getting enough rest/sleep...	Take multi-vitamins; grab an apple today rather than a donut; set a timer and do 25 squats and 10 push ups 2-3x/day during the workday; turn off phone/media 30min-1hr before bed...
Psychological	Mindful meditation; time in nature; hobbies; pets; positive self-affirmations; journaling...	Use a meditation app for 5-10 min/day at same time each day; close eyes & take 5 deep breaths regularly; go outside and look at sun, sky, clouds for several minutes; pet your pet for a few minutes; write down an inspirational quote and post in your daily view...
Social	Spending time with family/friends...	Video conferencing or physical distancing get-togethers outdoors; balanced use of social media
Spiritual	Keeping or developing a personal spiritual practice...	Set an intention for the day each morning; practice gratitude/give thanks before eating; <i>see also psychological above...</i>

Self-Care Safety Plan

Self-Care Domain	Symptom/Sign	Action Plan
Biological	If lasting >2 weeks: significant change in sleeping or eating patterns, difficulty concentrating, frequent headaches or stomach aches...	Start by consulting your doctor
Psychological	Any of the above and/or increased use of alcohol, tobacco, or other drugs; excessive worry or sadness; irritability/being on edge; avoidance of activities enjoyed in the past...	Contact/reach out for behavioral health support
Social	If lasting >2 weeks: emotional withdrawal, avoiding contact with loved ones - self-isolating...	Contact/reach out for behavioral health support
Spiritual	Loss of hope, faith; questioning one's belief system; feeling lost or purposeless...	Self-help books/literature; consult your spiritual or religious advisor; contact others in your practice community

Tools & Resources

Self-Care Check-in

SELF CARE RATING SCALE

According to Virginia Satir, there are 8 domains of the self that need care. Rate yourself on each domain; 1= needs work, 5= excellent form. Anything less than a 3 needs attention. Jot down plans for self care (examples provided).



Laveldanaylor.wordpress.com

Intellectual 1 2 3 4 5

Stimulate the brain, engage the mind

(e.g., read, play games, introspect, learn, debate)

Interactional 1 2 3 4 5

Socialize with responsive others

(e.g., special dinner, family visit, date night, social network)

Emotional 1 2 3 4 5

Enhance and explore emotions

(e.g., watch funny/sad movie, comedy club, enjoy art)

Nutritional 1 2 3 4 5

Improve nutritional intake

(e.g., watch calories, reduce sugar, or eat something new)

Sensual 1 2 3 4 5

Get in touch with your sexuality and senses

(e.g., light candles, play music, dress differently, massage, orgasm)

Spiritual 1 2 3 4 5

Feed your 'soul' (not necessarily religious)

(e.g., meditate, sing, dance, nature walk, create something)

Physical 1 2 3 4 5

Challenge and care for your body

(e.g., exercise, dance, garden, take a class, rest or sleep)

Contextual 1 2 3 4 5

Improve or change your environment

(e.g., clean, repair, plant, or change something, visit somewhere)

myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve health from a mind/body/spirit perspective. Modules include:



Mindfulness and Meditation

- Stress
- Depression
- Anxiety
- Substance Use Disorder
- Trauma & PTSD
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



Controlling Anxiety

To sign up:

- <https://mystrength.com/>
- Access Code
 - For HN Members – “HNwell”
 - For community at large - “HNCommunity”

Mindfulness & Meditation

Apps

Insight Timer	Calm	Simple Habit
Buddhify	Smiling Mind	Aura
Stop, Think, & Breathe	UCLA Mindful	Inscape
Headspace	Breethe	10% Happier

[UCLA Mindful Awareness Research Center \(MARC\)](#)

[Guided Meditation Podcasts](#)

Each weekly podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments.

Mindful.org: www.mindful.org

Free Course: [Insight Timer - Jack Kornfield and Tara Bach: Mindfulness Daily at Work](#)

Articles/Ideas/Activities

Resilience

- [Building Resilience](#)
- [Resilience Activities/Exercises](#)

Self-Care

- [A Complete Guide to Self-Care for Men](#)
- [Man 2.0: Normalizing Self-Care for Men](#)
- [They Need Me-Time, Too: A Self-Care Checklist to Do With Your Kids](#)
- [50 Self-Care Activities You Can Do Together with Kids](#)

Resources & Hotlines

State of California Website: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

- Call 211 – available 24/7 for assistance finding food or basic essential needs
- 24-hour Suicide Prevention Lifeline: 1-800-273-8255 or text 838255
- 24-hour Domestic Violence Hotline: 1-800-799-7233 or <https://www.thehotline.org/> (click *Chat Now*)
- Disaster Distress Helpline: 1-800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746
- Crisis Text Line: Text HOME to 741741 for 24/7 crisis support

Resources & Hotlines (cont.)



National Parent Helpline

- 1-855-427-2736 - M-F 10am-7pm PDT

Substance Use

- SAMHSA National Helpline: 1-800-662-HELP

Mental Health

- NAMI California: 1-800-950-NAMI from 7am – 3pm or email info@namica.org
- California Peer-Run Warm Line: 1-855-845-7415

LGBTQ+

- Trevor Project: 1-866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-800-273-8255 from 1pm – 9pm for support, information or help finding resources



Thank You!