



# COPING WITH COVID:

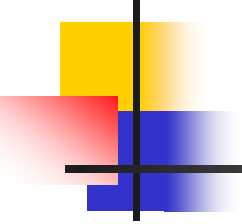
---

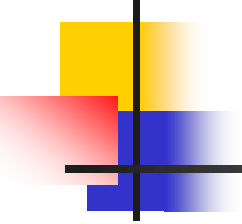


SUSAN DAVID

HARVARD MEDICAL SCHOOL

---

- 
- 
- Be compassionate with yourself
    - This fear is our body doing its
    - Job these are feelings not fact
    - Instead we can be compassionate
    - Notice feeling for what it is
    - Create space in ourselves
    - We aren't defined by fear
  - Ground ourselves in idea courage isn't absence of fear is fear walking
  - Notice fear with compassion and ground self in values they aren't abstract guidance systems on what is important us we get thousands of choice points that can guide ourselves toward or away

- 
- 
- We need clarity on how to move forward
  - We are more than our fear our intentions wisdom and compassion
  - If consumed by panic
  
  - NAME IT
  - ASK SELF WHAT IS FUNCTION OF THAT EMOTION
  - EVERY SINGLE EMOTION IS FLASHING ARROW ABOUT WHAT WE CARE ABOUT
  - GRIEF IS SIGNPOST WE CARE
  - GUILT ABOUT PARENTING VALUE CONNECTED TO CHILDRE
  - FEAR WE WILL LOSE PEOPLE WE CARE ABOUT
    - SIGNPOST IS WE CARE AND AND REACH OUT WHAT IS THE FUNCTION OF THE ME EMOTION WHAT IS TELLING US – WHAT IS TH FUNCTION

# WRITING: FROM CHAOS TO ORDER



---

- SIT DOWN FOR FEW MINUTES WITH PAPER AND PEN
- IN MIDST OF CHAOS WHO DO I WANT TO BE WHAT IS IMPORTANT TO ME JUST WRITE
- MOVES US FROM VALUES AS ABSTRACT TO VALUES AS FRONT AND CENTER
- WHO IS IN CHARGE THE THINKER OR

How do we manage our own  
anxiety



---



# anxiety

---

- Cognitive
  - Baby story
- Physiologic
  - Power of break , of exercise
- Behavioral– avoid avoidance



# Rosmarin scientific american

---

- We cannot tolerate situations that are uncontrollable and uncertain. Indeed, we cannot control nor predict what will happen next with COVID-19. In reality, self-quarantine and social distancing can slow, but not stop, viral contagion.
- Ironically, once we accept the reality that our sense of certainty and control is an illusion—once we understand and appreciate our inherent vulnerability—





# Clarity of feelings\*

---

- Identifying and understanding one's emotions clearly and in a manner that interprets negative emotions as beneficial for achieving goals has been associated with better anxiety management
- Clarity helps by
  - Helping the depressed and anxious individual determine which emotion regulation strategies are called for in this



# THE POWER OF NAMING THE MONSTER: LABELING ONE'S EMOTIONS AND ANXIETY

---

- Affect labeling - simply verbally labeling the emotional content of a frightening situation, even if one is not trying to change one's emotional response, has been associated with reduced anxiety levels at both the neurological and experiential level.
- Affect labeling, is associated with decreases in amygdala activity, and with correlated reductions in self-reported distress

- The common and distinct neural bases of affect labeling and reappraisal in healthy adults  
[Lisa J. Burkland](#)<sup>1</sup>,  
[Front. Psychol.](#) 2014; 5: 221.  
Published online 2014 Mar 24. doi: [10.3389/fpsyg.2014.00221](https://doi.org/10.3389/fpsyg.2014.00221)  
PMCID: PMC3970015  
PMID: [24715880](https://pubmed.ncbi.nlm.nih.gov/24715880/)  
\*



# CHALLENGES FOR CHILDREN

---

- Suddenly almost everybody around me is nervous
- Children (like adults) do best with structure and routine—
- We are wired for connection with other—especially children— isolation from friends is difficult and confusing
- Unable to see grandparents
- Feeling stuck in apartment and inability



# TALKING TO CHILDREN ABOUT THE CORONAVIRUS

---

- PROCESS NOT EVENT BUT SIGNIFY IMPORTANCE BY FORMAL DISCUSSION: Hold family discussion in comfortable place with no distractions, cell phones and other distractions off
- Separate discussion with younger children begin by asking them what they know— remember to be understood, first understand
- Minimize exposure to media— research after 9/11 found that heavy media exposure was a PTSD risk factor for children
- Encourage questions:
  - Validate feelings
  - Consider use of art, writing, and music
  - Explain that not every respiratory disease is COVID-19
  - Check back with children when situation changes



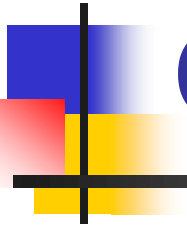
# Children (continued)

---

- Promote continued virtual contact with educators, extended family, and friends
- Focus on hope and temporary nature (understanding child time)
- Consistent schedules including bedtime, meals and exercise
- Required helpfulness— power of chesed for kids
- Boredom. Loneliness, anxiety and even

- 
- 
- Resilience in the face of quarantine

# TAL BEN SHAHAR RESILIENCE COVID





# AFFECT

---

- ALLOW SELF TO EXPERIENCE FULL RANGE OF EMOTIONS
- STRESS, ANGER, LOVE LET IT FLOW THROUGH YOU
- ALL EMOTIONS FLOW THROUGH ONE PIPELINE IF I BLOCK ONE I AM NOT ALLOWING JOY AND LOVE ROOM
- **GOLDA MEIR THOSE WHO DON'T KNOW HOW TO WEEP WITH WHOLE HEART DON'T KNOW HOW TO LAUGH EITHER**
  - NAME THE MONSTER– BROCAS AREA TALK ABOUT FEELINGS
- PENNEBAKER WRITING JOURNALING- FOR FIVE OR 15 MINUTES ALLOW TEARS: BEETHOVEN STORY
- IF WE WANT TO FULFILL HAPPINESS WE NEED TO ALLOW UNHAPPINES





# GRATITUDE

---

- THOSE WHO KEEP GRATITUDE JOURNAL ARE HEALTHIER AND HAPPIER
- COUNTING BLESSINGS
- SHAAREI TZEDEK HOSPITAL STORY
- YOU CAN ALWAYS FIND SOMETHING TO BE GRATEFUL FOR EVEN IN TOUGH TIMES MIGHT BE GREAT MEAL, OR SMILE, SHARE GRATITUDE WITH OTHERS, SEE BEYOND SITUATION
- BARBARA FREDRICKSON BROADEN AND BUILD WE LOOK OUTWARDS AND BUILD PAINFUL EMOTIONS WE NARROW AND CONSTRICT BY EXPRESSING GRATITUDE WE START UPWARD SPIRAL
- APPRECIATE HAS TWO MEANINGS THANKS AND GR
- WHEN YOU APPRECIATE THE GOOD THE GOOD APPRECIATES
- TO APPRECIATE ALL THOSE AROUND US DOING THEIR BEST



# BEHAVIOR

---

- **1. EXERCISE**– LEAST LIKELY TO EXERCISE DURING EXAMS THESE ARE TIMES MOST IMPORTANT SO MANY ONLINE PROGRAMS
- RESEARCH SHOWS **EXERCISE AS EFFECTIVE AS MOST POWERFUL MEDS** FOR DEPRESSION OR ANXIETY RELEASES EPINEPHRINE DOPAMINE BAVIAK SHOWS THIS NOW THAT WE ORDER ONLINE WE NEED TO EXERCISE
- **NOT EXERCISING IS LIKE TAKING A DEPRESSANT**
- **2. RELATIONSHIPS**
- CONNECTION AND PAIN RELIEF– FINDING OF DR DUKE AT EMORY SENSE OF CONNECTION-
- DATE TREES
- NUMBER ONE PREDICTOR OF HAPPINESS QUALITY TIME WITH PEOPLE WE CARE ABOUT AND WHO CARE ABOUT US
- ALSO NUMBER ONE PREDICTOR OF PHYSICAL WELL-BEING
- PUT TIME ASIDE AS DAILY RITUAL TO CONNECT
- FRANCIS BACON BRITISH PHILOSOPHER:
- "FRIENDSHIP DOUBLES JOYS AND CUTS GRIEF IN HALF "



# COGNITION

---

- DISTRACTION:
  - USUALLY VIEWED AS NEGATIVE, NOT ALWAYS NEGATIVE UPSIDE IS IN TODAY'S WORLD WE ARE BOMBARDED WITH NEWS PICTURE THAT EVERYTHING IS TERRIBLE NOTHING IS GOOD OR BAD
  - WATCHING COMEDY OR MUSIC OR POEM FIND HEALTHY DISTRACTIONS MEANS WHAT WE ARE DOING IS GETTING MORE REALISTIC VIEW OF REALITY MEDIA IS MAGNIFYING GLASS DISTRACT TO GET MORE REALISTIC VIEW BY BROADENING PERSPECTIVES
- FIND BENEFITS
  - BENEFIT FINDING OPPOSITE OF FAULT FINDING
    - ASK SELF WHAT BENEFITS ARE THERE TO SITUATION I APPRECIATE LIFE MORE THAN I DID BEFORE, POINT IS NOT THAT THINGS ARE FOR THE BEST WE HAVE A CHOICE CAN CHOOSE TO MAKE THE BEST WE DIDN'T ASK TO BE QUARANTINED WE CAN CHOOSE TO FOLLOW THE ABC'S PERMISSION TO BE HUMAN WHETHER PLEASURABLE OR PAINFUL, GRATITUDE ALONE OR TOGETHER, MOVER EXECCISE , INVEST IN RELATIONSHIP, DITRACT AND FIND BENEFITS
  - THOREAU SAID THE FAULT FINDER WILL FIND FAULT EVEN IN PARADISE



# HOW TO HELP WOMEN AND CHILDREN WHOSE HUSBANDS ARE INCARCERATED

---

Challenge of Creating a Climate  
where We can Hear the  
Unhearable



# POWER OF CONNECTION: Importance of Emotional Support

---

- Bottom of mountain-
- Resilience studies- power of one person who cares- often somebody not in the family- on “short list” of key ingredients of resilience
- Mentoring studies- as particularly powerful in those going through tough times



# I: GOOD LISTENING

---



# Good Listening

---

- Empathetic listening, you don't need to have the answers, the support is what is important.



# Different “Flavors” of Support

---

- Emotional closeness
- Social connection
- Feeling needed
- Reassurance of self-worth
- Being there when needed
- Information (feedback and advice)
- Physical/material assistance
- Story of Dr. Laine and therapists during Bosnian war





# Communication Techniques

---

- “There is nothing so powerful as the well-phrased question”- Henry Murray
- Change comes from within, only if individual feels they own the idea; questions are often the best tool to promote this process



# Continuum of communication techniques

From non-directive to directive

---

## ■ RESTATEMENT

- use same key words to check for listening accuracy and to clarify ambiguous terms

## ■ PARAPHRASING

- allows speaker to “hear” what she just said

## ■ REFLECTION OF FEELINGS

- mirrors back the nature of the emotions just observed “you look like you’re angry” may be helpful in assisting in talking about emotions which they may otherwise be hesitant to disclose

## Continuum of communication techniques (Continued)



### ■ OPEN ENDED QUESTION

---

- provide maximum flexibility for respondent  
“Describe for me..”; “Tell me about..”

### ■ CLOSED ENDED QUESTIONS

- restricts response options, begin with words like Is. Who. Do. Should, Did, Which. etc.

### ■ ENCOURAGEMENT

- encourages or endorses a course of action or perspective for person in crisis-



# Just Being There

---

- Often, there is no “right thing” to say. Those going through a hard time may need the feeling of support that accompanies the physical presence, rather than words
- Maintain notes on your conversation to reference back to in the future, it shows you really listened.



## II: MAINTAINING A HEALTHY RELATIONSHIP

---



# Healthy Relationship

---

- Power of consistency
  - Research on importance of predictable contact for members of family- to provide protective shield in the middle of the hurricane
  - Finding in mentoring literature on importance of long-term commitment



# BOUNDARIES

---

- Boundaries so that you can maintain the chesed in a healthy way.
  - Hooks: are you overhelping? underhelping? Is she invading your dreams or thoughts?
  - If so, need to talk this out with supervisor



## III: Active Empowerment

---





# Empowerment vs Dependency

---

- Rav Hirsch on keneshet yair kino- importance of active coping as source of healing when helpless
- Example of boy pinned down by sniper fire who had earthquake preparation course
- Understanding how trauma can engender paralysis
  - Power of guiding towards resources for practical support, tuning into her unspoken word and looking for resources to help her fill her needs. Guiding her towards those resources.



# DON'T TAKE OVER

---

- Avoid temptation to take over
  - Fine line between empowerment vs dependency when assisting a Dror family member encourage them to reach out rather than doing the work for them. They will feel better about themselves in the long run)



# Rabbi Wallerstein

---

- Rashi in Yisro on “venofal mimenu rav” why use the lashon yachid of “vinafal” when “mimenu” is rabbim?
- To teach us that if one falls we all fall- to God one is a whole world who needs to be treated as importantly as the many