COVID-19
Promoting and Maintaining Mental Health During a Pandemic

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COVID-19 Impacts All of Us

- Changed our way of life in profound ways
- “Silver linings” to slowing down but… also LOSS
  - Campus “life” is virtual
  - Everyone’s “balance sheet” differs
- Collective **GRIEF** about loss of
  - Normalcy
  - Connection
  - Anticipatory grief (uncertain future)
Managing COVID-19 Related Grief

- Stages
  - Denial
    - “I’m young and healthy so I’ll be just fine”
  - Anger
    - “I have to stay home instead of travel abroad for study”
  - Bargaining
    - “If I follow all the social distancing rules until …, all will be fine”
  - Sadness
    - “I don’t know when this will ever end”
  - Acceptance
    - “This is happening and I have to figure out how to proceed”
Acceptance = Power to Proceed

- What is in our control?
  - Washing our hands
  - Social distancing
  - Studying / Staying curious
  - Regularly calling/virtually meeting with friends and family (at least 30 min/day)
  - Keeping a routine (work time/play time/sleep time)
  - Getting showered, brushing your teeth and getting dressed
  - Making your bed
  - Monitoring/limiting time consuming news and social media
  - Move for at least 30 minutes/day (outside open areas weather permitting)
Anticipatory Grief and Anxiety

- Thinking of the future & imagining the worst
- “Anxiety fuel”
- Racing mind / Catastrophizing
  - Imaging loved ones getting sick
  - Playing out “worst case” scenarios
  - The more you try to “stop thinking about it” the worse they get
Coping with Anxiety

- Balance negative thoughts with positive ones
  - Loved ones are taking good care of themselves & feeling well
  - Some of us may get a bit sick but we will mostly recover
  - Many more people are asymptomatic or get mildly ill than die
  - Pay attention to the good in world – the helpers
Coping with Anxiety

GROUNDING: COME INTO THE PRESENT

- Change your focus
  - Take a deep breath in and slowly exhale
  - Look around the room and name five things in it
  - Count backwards from 100 by 7s
  - Say the alphabet backwards
- Use your 7 senses (touch, taste, sight, hearing, smell, movement and comforting pressure)
  - Concentrate on how they feel

- REALIZE IN THE PRESENT MOMENT YOU ARE OK
Coping with Anxiety

- Create a **self-care toolkit** for each sensory experience

  | Soft blanket or stuffed animal | Small swing or rocking chair |
  | Hot chocolate                  | Journal                      |
  | Vacation photos                | Inspirational book           |
  | Comforting music               | Mandala coloring book        |
  | Lavender or eucalyptus oil     | Blowing bubbles              |
  | Water colors                   | Mint gum                     |
  | Weighted blanket               | Ice packs                    |
Coping with Anxiety

- Let go of what you cannot control – What Others do
  - Isolating
  - Maintaining distance

- Remember on what you can control – What You do
  - Going for a walk,
  - Eating balanced meals
  - Establishing good sleep habits
  - Being kind
  - Practicing radical self acceptance
Ongoing Grief

- **Name it, feel it**
  - Emotions need MOTION
  - Start with the first feeling – don’t add but… should…
  - Feelings start in the body
    - Trust they will happen in an orderly way

- **Allow emotions to EMPOWER you**
  - It makes sense to feel grief now…
  - Allow yourself to feel it and keep going
6th Stage of Grief: Finding Meaning

- What will we have “gained” from this experience?
  - Connection through virtual presence
  - Overcoming fear of old (and new) technology
  - Reassessment of the relative value of
    - Money
    - Time
    - Relationships
    - Life experiences
  - Acquaintance with simpler pleasures (walks)
CAPS & Other Services
ALL CAPS Services Provided Remotely

- See [https://counseling.oregonstate.edu/](https://counseling.oregonstate.edu/) for detailed instruction
- Scheduled Remote services during Spring term
  - **Individual Counseling Appointments**
    - Provided through secure ZOOM videoconferencing
  - **Single Session Clinic**
    - Offered through secure Zoom videoconferencing
  - **Group Counseling**
    - Most groups that CAPS normally offers will be offered remotely this term
    - Managing Anxiety (During COVID-10) Workshop Weeks 5-7 and 8-10
      - Weeks 5-7 meets on Mondays 1-230 PM via Zoom
      - To enroll, contact brittany.cote@oregonstate.edu
  - **CAPS Zoom-based Meditation**
    - Students: Thursdays 10-11 am [https://oregonstate.zoom.us/j/377777345](https://oregonstate.zoom.us/j/377777345)
    - Faculty and staff: Thursdays 11 am – 12 pm [https://oregonstate.zoom.us/j/900330243](https://oregonstate.zoom.us/j/900330243)
    - Please contact mark.davis@oregonstate.edu with any questions for Spring Term Drop-In Meditation
Where Else to Look for OSU Services

https://experience.oregonstate.edu/
911+  → Keep Emergency Numbers Nearby

+1 (800) 273-8255 Suicide Prevention Lifeline
   Military +1 (800) 273-8255 and Press 1
   Spanish +1 (800) 273-8255 and Press 2

+1 (800) 799-7233 Domestic Violence Hotline

+1 (800) 996-6228 Family Violence Helpline

+1 (800) 622-2255 Alcoholism & Drug Dependency

+1 (800) 366-8288 Self-Harm Hotline

+1 (888) 843-4564 LGBT Hotline

+1 (800) 784-2433 National Hopeline Network

+1 (800) 222-1222 Poison Control Center

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 422-4453 Childhelp National Child Abuse

+1 (800) 221-7044 AIDS Crisis Line

+1 (800) 233-4357 Anorexia & Bulimia Hotline

+1 (877) 565-8860 The Trans Lifeline

+1 (866) 488-7386 Trevor Lifeline
Text / Chat Support

ALL Crisis text CONNECT to 741741 (US/Canada)

Lifeline Crisis (online chat)
  o http://www.crisischat.org/

Veterans Crisis text 838255 (also call or online chat)
  o https://www.veteranscrisisline.net/

Child in Crisis text 18004224453 (also call and online chat)
  o https://www.childhelp.org/childhelp-hotline/

TrevorText text SUPPORT to 678678 (also call and online chat)
  o https://www.thetrevorproject.org/get-help-now/
THANK YOU