

# COVID-19

## Promoting and Maintaining Mental Health During a Pandemic

Dawson Woodrum, MA  
Doctoral intern, CAPS



**Oregon State**  
University



# 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 w/ 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

Hot chocolate

Vacation photos

Comforting music

Lavender or eucalyptus oil

Water colors

Weighted blanket

Small swing or rocking chair

Journal

Inspirational book

Mandala coloring book

Blowing bubbles

Mint gum

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

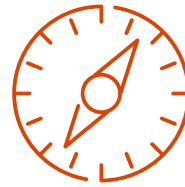
- **Allow emotions to EMPOWER you**

- It makes sense to feel grief now...
- Allow yourself to feel it and keep going



## 6<sup>th</sup> 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/> 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](mailto:brittany.cote@oregonstate.edu)
  - **CAPS Zoom-based Meditation**
    - Students: Thursdays 10-11 am <https://oregonstate.zoom.us/j/377777345>
    - Faculty and staff: Thursdays 11 am – 12 pm <https://oregonstate.zoom.us/j/900330243>
    - Please contact [mark.davis@oregonstate.edu](mailto:mark.davis@oregonstate.edu) with any questions for Spring Term Drop-In Meditation



# Where Else to Look for OSU Services

The screenshot shows the Oregon State University Experience website. At the top, there is a navigation bar with icons for Learning, Connect & Engage, Career Development, Academic Support, Student Resources, and Core Values. Below this is the main heading "OSU EXPERIENCE" in orange. A sub-heading reads "Oregon State University is here for you — wherever you are." followed by a paragraph about support programs and a note about social distancing. Below this is a large image of hands typing on a laptop. The main content area is divided into six boxes: "Take care of yourself" (with a link to Well-Being), "Find connection" (with a link to Connect & Engage), "Start your career" (with a link to Career Development), "Get academic support" (with a link to Academic Support), "Discover OSU" (with a link to Student Resources), and "Find the latest news" (with a link to Core Values). At the bottom, there is a "Featured Content" section with three circular images and their respective titles: "Discover OSU Multimedia Content", "Engage in Outdoor Leadership Programming", and "Keep Learning".

<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) 784-2433 National Hopeline Network

+1 (800) 222-1222 Poison Control Center

+1 (800) 799-7233 Domestic Violence Hotline

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 996-6228 Family Violence Helpline

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

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

+1 (800) 221-7044 AIDS Crisis Line

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

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

+1 (888) 843-4564 LGBT 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)

- <http://www.crisischat.org/>

**Veterans Crisis** text 838255 (also call or online chat)

- <https://www.veteranscrisisline.net/>

**Child in Crisis** text 18004224453 (also call and online chat)

- <https://www.childhelp.org/childhelp-hotline/>

**TrevorText** text SUPPORT to 678678 (also call and online chat)

- <https://www.thetrevorproject.org/get-help-now/>



**THANK YOU**



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