Youth COVID Stress & Self Care

Presenter:
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Health Care Chaplain, Crisis Counselor
Agenda

- Youth Responses to COVID Stress/Disaster
- Assessment, How Stressed Are You?
- Self-Care Elements and Examples
- Barriers and Blockers to Self-Care
- Self-Care Tips and Techniques
- Prioritizing and Planning Self Care
- Sample Calendars
- Resources & Questions
Youth at Higher Risk in COVID /Disaster

**Age and Development** Determine Capacity to Comprehend & Regulate their Emotional Reactions.

**Limited Verbal Skills May Impede** Processing of the COVID/Stressor & Expressions of Reactions

**Less Developed Cognitive Skills Limit** Understanding & Processing of the Trauma/COVID

**Dependence** on Adults: Parents, Caregivers, Teachers For Resources & Psychological Support May result in **Limited Independence & Self-Reliance**

**Delayed Developmental Tasks/Activities of Childhood**
Youth Responses To COVID STRESS/Disaster

Factors Contributing to Psychological Problems

• **Direct Exposure** to the Disaster/Pandemic/Stressor
• **Personal Loss**, death/sickness family, friend, school/plans
• **On-going Stress** from the **Secondary Effects of COVID**
• **Prior Exposure** to Traumatic Event/Disaster Pandemic
• **Family Separation, Isolation,** Evac/Relocate, Quarantine
• **Parental Distress** Strongest Predictor of Child Distress
• **Secondhand Influence** TV, Internet, Media Exposure
• **Learning Adjustment Difficulties** Exacerbated
• **Pre-Existing Conditions, Co-Morbidity Medical Issues**
• **Caregiver Stability, Support,** Reaction/Coping
• **Other Life Stressors**, Divorce, Moving, School,
• **Lack of Secure Nurturing Relationships**
YOUTH Responses to Trauma/COVID Stress

Trauma and the Sense of Loss:
- Loss of Feeling Safe, Secure
- Loss of Identity/Future
- Loss of Feeling of Control Over One’s Life
- Loss of Trust in Others,
- Loss of **HOPE or Peace** (worrying excessively)
- Loss of Personal Power

Physical Response - Feelings may present as:
- Headaches, Aches & Pains
- Stomach Pains & Bowel Problems
- Overeating, Loss of Appetite
- Skin Disorders, Muscle Twitches
- Sleep Disorders, Sweating/Chills
- Nightmares, Easily Startled
- Excessive Sleeping
YOUTH Responses to Trauma/COVID Stress

Emotional/Behavioral Reactions:
- Loss of Interest in Activities, Withdrawn
- Decreased Performance Levels
- Difficulty Relating to Parents & Siblings
- Sadness, Depression, Grief, Crying
- Disruptive, Resistance to Authority
- Anxiety, Anger and Arguing
- Anti-Social, Stealing, Lying, Violating Rules
- Emotional Outbursts, Blaming Others or Self
- Feeling Overwhelmed or Sense of Failure
- Feeling Confused, Trouble Remembering & Thinking Clearly or Making Decisions
YOUTH Responses to Trauma/COVID Stress

Dealing with Distress: Helpful Tips

Talk Openly about Feelings of Fear & Anxiety
Reassure by Word and Deed, “We are Safe”
Keep Family Together, Encourage Questions
Encourage Them to Talk, Listen to Them
Restore a Sense of Routine & Avoid Inactivity
Normalize, Empathize, Sympathize
Teach Problem Solving, Coping Skills, Strategy
Be Aware of Your Own Feelings/ Modeling Calm
Engage in Fun, Safe Activities
Educate & Stay Properly Informed
Rebuild Health Social Connections
Be Patient, Repeat Instruction, Reminders
Provide Support at Bedtime, Limit Media
Encourage DAILY SELF CARE!
Self Assessment, Reflective Awareness

What’s Your Score on the Personal Stress Scale? Scale Low 1.. To.. 10 High?
**How Stressed Are You?**

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Life Change Units</th>
<th>Life Event (Continued)</th>
<th>Life Change Units</th>
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<tbody>
<tr>
<td>Death of Spouse</td>
<td>100</td>
<td>Trouble with In-Laws</td>
<td>29</td>
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<tr>
<td>Divorce</td>
<td>73</td>
<td>Outstanding Achievement</td>
<td>28</td>
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<td>Marital Separation</td>
<td>65</td>
<td>Spouse starts/stops work</td>
<td>26</td>
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<tr>
<td>Imprisonment</td>
<td>63</td>
<td>Begin/End School</td>
<td>26</td>
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<tr>
<td>Death of Family</td>
<td>63</td>
<td>Change in Living Condition</td>
<td>25</td>
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<tr>
<td>Injury / illness</td>
<td>53</td>
<td>Revision of Personal Habits</td>
<td>24</td>
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<tr>
<td>Marriage</td>
<td>50</td>
<td>Trouble with Boss</td>
<td>23</td>
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<tr>
<td>Dismissal from Work</td>
<td>47</td>
<td>Change in work hours/condition</td>
<td>20</td>
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<tr>
<td>Marital reconciliation</td>
<td>45</td>
<td>Change in Residence</td>
<td>20</td>
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<td>Retirement</td>
<td>45</td>
<td>Change in Schools</td>
<td>20</td>
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<td>Fam Mem. Change Health</td>
<td>44</td>
<td>Change in Recreation</td>
<td>19</td>
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<tr>
<td>Pregnancy</td>
<td>40</td>
<td>Change in Church Activities</td>
<td>19</td>
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<tr>
<td>Sexual Difficulties</td>
<td>39</td>
<td>Change in Social Activities</td>
<td>18</td>
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<tr>
<td>Gain New Family Member</td>
<td>39</td>
<td>Minor Mortgage or loan</td>
<td>17</td>
</tr>
<tr>
<td>Business Readjustement</td>
<td>39</td>
<td>Changes in Sleeping habits</td>
<td>16</td>
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<tr>
<td>Change In Financial State</td>
<td>38</td>
<td>Changes in family reunions</td>
<td>15</td>
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<tr>
<td>&quot; &quot; in frequency of fights</td>
<td>35</td>
<td>Changes in Eating habits</td>
<td>15</td>
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<tr>
<td>Major Mortgage</td>
<td>32</td>
<td>Vacation</td>
<td>13</td>
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<tr>
<td>Foreclosure</td>
<td>30</td>
<td>Christmas</td>
<td>12</td>
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<tr>
<td>Loan/Mortgage</td>
<td></td>
<td>Minor violation of law</td>
<td>11</td>
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<tr>
<td>Change in work duties</td>
<td>29</td>
<td>COVID Stress</td>
<td>40</td>
</tr>
<tr>
<td>Child leaving home</td>
<td>29</td>
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</tbody>
</table>

**ADD UP YOUR SCORE=++++=**

**Illness Risk Level:**
- **High:** 300+
- **Moderate:** 150-299
- **Reduced:** 150-

**Personal Stress Scale, also known as Personal Stress Scale,** developed in **1967** by Homes and Rahe to evaluate Stress of important life changes, planned and unplanned.
The answer is Self-Care!

How do you define Self-Care?

Defining Self-Care

**Self-Care** is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

**Self-Care** is any activity that we do deliberately in order to take care of our: Mental, Emotional, Physical, Spiritual, Financial and Social Health.

**Good Self-Care** is key to improved mood and reduced anxiety. It’s also the key to a good relationship with oneself and others.

**Self-Care is what people do for themselves** to establish and maintain health and well-being and to prevent/deal with illness/stress. It’s broad and encompasses 4-8 areas. We will look at four of them in our exercise.
Defining Self-Care (Continued)

Not something that is forced
Not activities that we don’t like
Not selfish!

✔ Good, Smart, Healthy, Fun in Times of Stress
✔ It is a Simple, Broad Concept that is Frequently Overlooked
✔ Prevents Illness and Stress
✔ Refuels Us; Doesn’t Take Away Energy
✔ Done on our Own, w/ Friends/Family or in Collaboration w/ Professionals

Self Care is Key to Living a Balanced, Happier, Healthier and Hopeful Life.
What do you do for Self-Care?
Self-Care Examples

**Spiritual Disciplines**
- Prayer and Worship Services
- Sacred Text Study
- Worship and Praise
- Music and Fellowship
- Religious Practices
- Fasting and Prayer
- Exercise, Walking
- Sports, Weights
- Hiking and Fishing
- Art and Pottery

See *100 Self Care Ways To Relieve Stress*

**SLEEP/REST**
- Family Time
- Movies, Cooking
- Friends, Meals, VA
- Reading, Games, Hobbies
- Coffee, healthy snack/treat
- Mindfulness, Journaling
8 Elements of Wellness for Self-Care

Wellness is not the absence of disease, illness and stress but the presence of purpose in life, active involvement in rewarding work and play, meaningful joyous relationships, healthy body and living environments, and happiness.

- Physical (Body)
- Social
- Financial
- Environmental
- Occupational
- Spiritual (Spirit)
- Emotional (Heart)
- Intellectual (Mind)
4-8 Dimensions/Elements of Wellness for Self-Care

- **Physical (Body)**
  - Medical care, sleep/rest, physical activity, diet, nutrition, relaxation/stress management.

- **Intellectual (Mind)**
  - Reading, creative and stimulating personal activities, keeping up with current affairs, using learned skills.

- **Emotional (Heart)**
  - Recognize, accept and express own feelings, enjoy life, healthy coping skills, & accepting the feelings of others.

- **Spiritual (Spirit)**
  - Aware of own beliefs, sense of purpose/meaning in life accepting the beliefs of others, decisions/actions guided by values, faith, reflection, prayer/practices.

- **Social**
  - Developing healthy relationships, satisfying, support system, dealing with interpersonal conflict, community interaction or valuing time alone.

- **Financial**
  - Knowledge of personal finances, management skills, financial resources, satisfaction with current/future financial situation.

- **Environmental**
  - Physical safety, clean and safe surroundings, contributing to your environment's well-being and understanding environmental impacts.

- **Occupational**
  - Work (paid & unpaid/volunteer) and meaningful activities, awareness of occupational strengths, using skills/talents, self-fulfillment, healthy balance of work/pleasure.
Barriers and Blockers to Self-Care

Use this list to identify what keeps you from &/or interrupts your Self-Care.

- Crisis/Emergency without back up plan/help
- Work, ministry, jobs
- House/Auto chores
- Busy/Over commitment
- No boundaries “NO”
- No set office hours
- Finances/Budget
- COVID concerns
- Noise of life
- Not assertive enough
- Grief/Depression

- Lack of planning
- Accountability
- Little time management
- Demanding issues
- Not having readily available ideas
- World News/Problems
- Environment/Weather
- Family/Friends
- People/Clients
- Sadness/Loss
7 Steps/Strategies for Stress Management

1. Understand Your Stress
2. Identify/Name Your Sources of Stress
3. Learn Your Stress Signals (Body/Physical)
4. Recognize and Remember Your stress strategies
5. Implement Healthy Stress Strategies
6. Make Self-Care a Top Priority
7. Ask for Support When Needed
Stress Management (Continued)

1. Understand/Self-reflect on your stress
   - What causes you to be stressed?
   - What specific situation, people, job, event, change or problem is creating stress and difficulty?
   - How do I stress?
   - What does it look like in my life?

2. Identify/Name your sources of stress
   i.e., Upcoming medical procedure and impact it will have. How much it will cost, who will cover my job, take care of things, for how long? Thousands of things can trigger stress. Be specific and list them.
Stress Management (Continued)

3. Learn your Stress Signals (body or physical symptoms)

Weight Gain/Loss
Stomach Pain or Nausea
Irritability
Teeth Grinding
Panic Attacks
Headaches
Difficulty Concentrating
Heartburn
Feeling Overwhelmed
Social Isolation
Sweaty Hands or Feet
Pulled or Tight Muscles
Anxiety & Restless
Fatigue
Difficulty Sleeping or Excessive Sleeping
Stress Management (Continued)

4. Recognize & Remember your Stress Strategies/Coping Skills:

- Breathing techniques e.g., 4 x 4 x 4
- Mindfulness and meditation
- Prayer & Praises, 5 Thanksgivings
- 5 Items/5 Colors
- Stress Ball, Object,
- Pets & Stuffed Animals
- Exercise e.g., Push Ups, Pull Ups
- Tensing & Relaxing Muscles
- Happy Place Visualization, TAP IT IN.
- Reflective Pauses for Perspective
- PRIORITIZE, REQUEST & USE Healthy Self-Care
Stress Management (Continued)

5. Implement Healthy Stress Strategies; Put them into Practice!

6. Make Self-Care a Top Priority; it is Not Selfish!

7. Ask for support when needed. Talk with a spouse, friend, professionals (i.e., counselor, massage therapist) or another medical provider.
Stress Management (Continued)

Remember why you are practicing Self-Care; love yourself too!

• You are being smart, proactive and kind to yourself. You are important!
• You are setting a good example and improving your health.
• You desire energy, patience and productivity
• You want to lessen likelihood of depression, anxiety and burnout

Keep a flexible mindset

• List your favorite Self-Care ideas (for long and short timeframes; 4-8 elements)
• This is not a race; slow and steady is ok.
• Simple routines, plans, calendars; 1 Self-Care Item a Day or Multiple
• There is no right or wrong way. Just do it!
Stress Management (Continued)

Coping skills

- Be Assertive
- Reduce the Noise - internet/news/world
- Manage Your Time
- Plan Each Day
- **Create Healthy Boundaries**
  - Helps you from taking on stress that doesn’t have anything to do with you
  - Helps you avoid taking on other people's problems.
  - Know and recognize what is your responsibility and what is outside your control.
Prioritizing and Planning Self-Care

"Failing to Plan is Planning to Fail."

✓ Prioritize and Plan Self-Care!
✓ Benefits Outweigh the Excuses!
✓ Don’t Ignore your Own Needs.
✓ Rest and Sleep 7 - 8 hours Nightly.

Helps Build Strength for Helping Others when you Yourself are Healthy, Happy, and Hopeful

Prioritized and Planned Self-Care Activities and Strategies Builds Resiliency!
Prioritize and Plan

4 Self-Care Areas, Mind Body, Spirit, Heart

Self

Mind Thinking

Doing

Body

Being

Heart

Feeling

Journaling
Sharing Feelings
Listening
Love
Laughing
Intimacy
Intuition
Helping Others

Compassion
Poetry
Volunteering
Insight
Empathy
Crying
Music
Writing

Kayaking
Camping
Dancing
Bowling
Swimming
Volleyball
Basketball
Cycling
Aerobics
Walking
Running
Yoga
Soccer
Frisbee Golf
Golf
Gym
Skiing
Pilates
Gardening
Hiking

Crosswords
Movies
Reminiscing
Reading
Imagination
Reflection

Sharing Ideas
Surfing Internet
Video Games
Studying
Concentrating
Learning Skills

Teaching
Debate/Question
Reason
Planning
Knowledge
Calculating

Solitude
Prayer
Meditation
Worship/Praise
Church Service
Scripture
Devotionals
Connection
Sleep/Rest
Ritual
Retreats
Visions / Gifts
Celebration
Fasting
Spiritual Practices
Example of a Good Self-Care Plan, 1 Per Day

- Use your List of Favorite Activities from the Four Areas

- **One Activity Per Day**

- Includes a Variety of Things You Like or Want To Do

- Share your Self-Care Plan with Family

- Set Realistic Goals

- Stick to the Basics: Do What Works for U.

- Take time to PLAN

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Sit and breathe for 5 minutes</td>
<td>Drink your favorite warm drink</td>
<td>Take a bath</td>
<td>Call a friend (not text!)</td>
<td>Watch TV</td>
<td>Dance!</td>
<td>Paint your nails</td>
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<td>6</td>
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<tr>
<td>Listen to an audio book</td>
<td>Color</td>
<td>Sit quietly at home</td>
<td>Read a magazine</td>
<td>Laugh</td>
<td>Eat a meal you enjoy</td>
<td>Girl's Night Out</td>
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<tr>
<td>Watch a show you love</td>
<td>Sit outside and relax</td>
<td>Meditate or practice mindfulness</td>
<td>Think positively</td>
<td>Indulge in a treat</td>
<td>Enjoy nature</td>
<td>Exercise</td>
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<tr>
<td>Sleep in</td>
<td>Light a scented candle</td>
<td>Journal</td>
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Another Great Self-Care Plan, Multiple Items Per Day
Addresses activities in all Dimensions/Elements of Well-being for Self Care

1. Heart, Feeling, Emotional
2. Body, Doing, Physical
3. Spiritual, Being, Lifestyle
4. Mind, Thinking, Intellectual
5. Social
6. Financial
7. Occupational
8. Environmental

- Don’t Strive for Perfection
- Cultivate and Nurture Flexible Ways to Fit Sensible Self-Care into the Fabric of your Day.
- Just Do IT!
Local Resources

Pastoral Counseling Services, Rev. Dr. Bob Eickenberger

Hillside Retreat Center.com, Open For Pastors

Houses of Worship, Churches, Ministries

Columbia Parks and Recreation, 100+ Parks, Community Centers

Clarity Float Spa, Spa and Massage, Columbia Mall

Ice Cream Stores, Coffee Shops, Coley’s or other good restaurants

Level Up Arcade, Limitless Pilates, Square Pegs Pottery

Gyms, ARC, Wilsons Fitness, City of Columbia, Government Local Services

Employee Assistance Program, Medical Benefits, Veteran Benefits

Learning Institutions, Community Courses and Classes

Salvation Army, Thrift Stores, United Way other helping agencies

Self-Care Coping Skills Books, *Take Care of Yourself 10th Edition, 15,000,000*
Questions?