

Living Well During COVID-19

How to Cope and Manage Your Emotions

This webinar will start shortly. The slides and the webinar recording will be available at www.dpcedcenter.org

Next webinar: June 25th, 2:00 pm Eastern

Living Well During COVID-19: How to Cope and Manage Your Emotions

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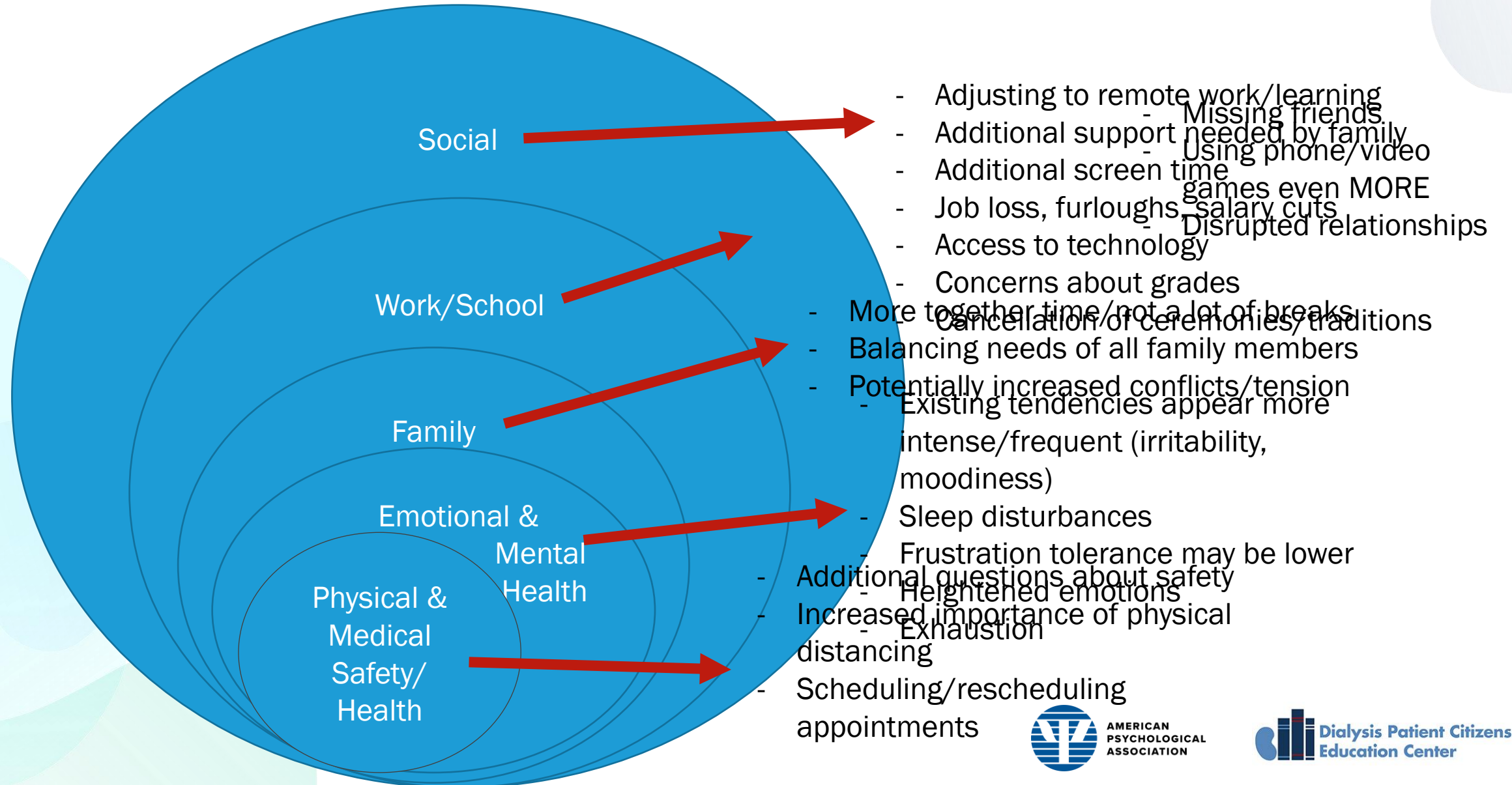


Stress in a Pandemic

COVID-19 adds to already present stress that impacts patients and families on many levels:

- Physical/Medical Needs & Safety
- Emotional/Mental Health
- Family
- School
- Social

Stress: Contributing Factors and Symptoms



Anxiety and Trauma

The rapid rise of this pandemic leads to trauma and anxiety

- Unprecedented global physical distancing
- Changes in behavior, shutdown of usual day-to-day functions
- Devastating financial and job losses, unprecedented physical isolation
- Assumed increased virtual interactions
- Increased time at home with family and potential for conflict

Grief

- Stages of grief are not linear
- Denial, anger, bargaining, sadness, *acceptance*
- Anticipatory grief is really anxiety
 - Find balance in what you're thinking about, noticing your thoughts and utilizing adaptive coping thoughts and acceptance—*mindfulness*

Stress Symptoms

- Mood fluctuations
- Feeling exhausted
- Sleep and appetite changes
- Increased use of substances (alcohol, tobacco, other substances)
- Pre-existing mental and physical health conditions may worsen

A Mental Health Pandemic

- 56% of people reported worry/stress related to the outbreak with at least one negative effect (i.e., sleep disturbance, depression, distraction, appetite changes).
—Kaiser Family Foundation poll, 2020
- Average reported stress for U.S. adults related to coronavirus pandemic=5.9; 2019 stress level=4.9. — Harris Poll, APA, 2020

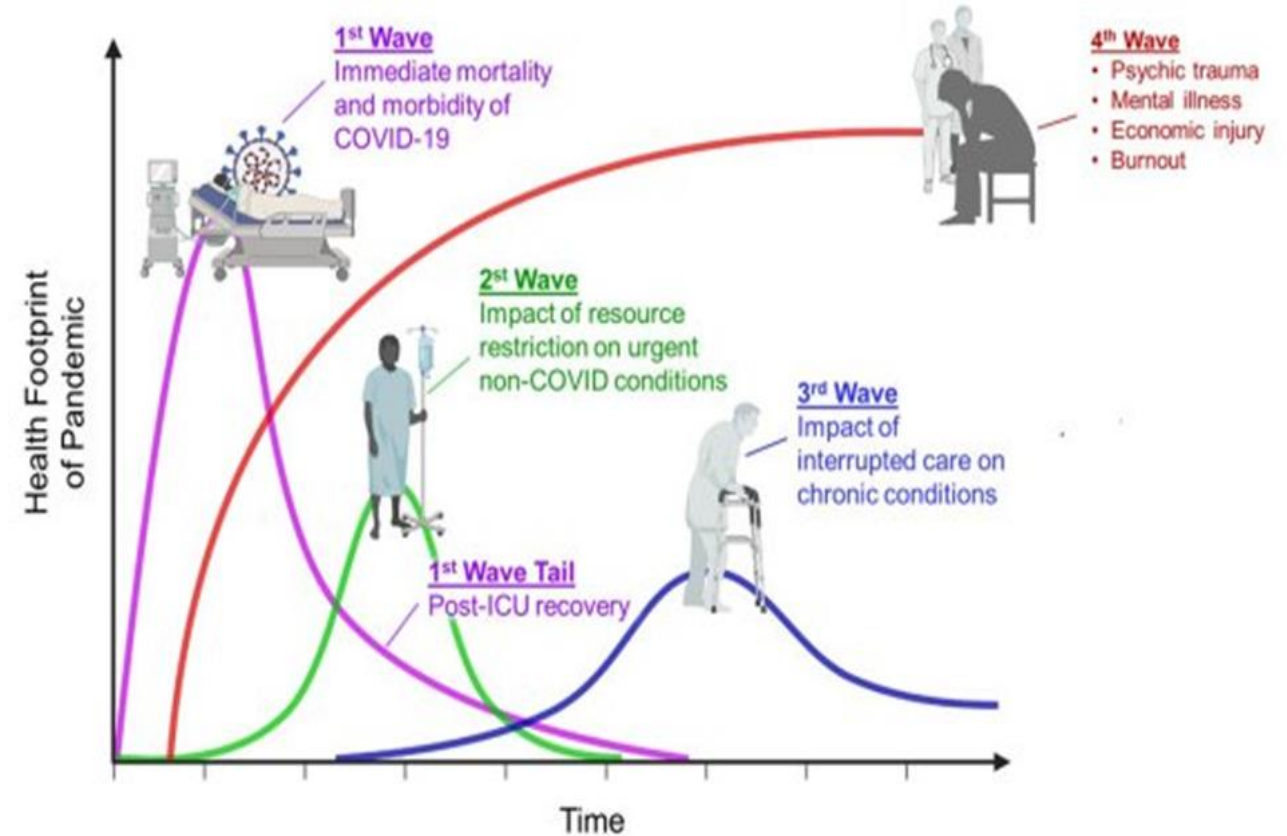


Figure adapted from Victor Tseng, MD, 2020

Research on High-Risk Patients

High-risk patients:

- Have been doing a lot to prepare for self-quarantine, but have not done as much asking for help—such as with grocery shopping or getting other essential supplies—from other people
- Have a lot of anxiety due to a lot of different reasons
- Generally feel supported by loved ones and friends. Of those who work, a majority report that their workplace is being supportive
- Are craving more information from their health care providers
- Think their state and local government is managing the outbreak better than the federal government is

Global Healthy Living Foundation, 2020



#HighRiskCovid19 Anxieties

"Just: When this will end?"

"My greatest fear is not my body's vulnerability, rather, it is that the U.S. health care system will fail me."

"That both my spouse and I will get seriously ill and no one will be able to take care of our kids."

"Not sure if my medications and other essential items will continue to be available."

"That people aren't taking precautions because people at high risk don't matter."

"I'm a nurse at a hospital and on immunosuppressing medication. We get one N95 mask to reuse indefinitely."

"My child's missed school and my own ongoing health needs taking a backseat."



Managing Anxiety

- Adaptive anxiety, especially for those with chronic health conditions
 - A healthy fear of coronavirus
- However, anxiety can spiral out of control
 - Exacerbates physical health symptoms, causing pain/headaches, and other somatic symptoms
- Activating our fight or flight response
 - Turn off this “fire alarm” of anxiety

COVID-19 Tips for Patients with CKD, on Dialysis, or Transplanted

- Do not skip your dialysis treatment
 - Contact your dialysis center if you are sick or have concerns
- Keep enough food on hand to follow the KCER 3-Day Emergency Diet Plan if necessary
- Follow public health guidance, like social distancing
 - Stay at least 6 feet (two arms lengths) away from people outside the home
- Isolate at home if you are in contact with someone or someone in your house is sick
- Inform your healthcare provider if you become sick or are in contact with someone who is sick
- Stay home as much as possible. Follow any stay at home orders in your area and avoid going to crowded spaces where you'll be in close contact with others.
 - Have enough groceries, household supplies, and prescription medication
- Consider online ordering and delivery, which could help you avoid having to go out as frequently

If you must leave your home...

- Avoid going out for food or medicine during peak hours and keep 6 feet of distance between yourself and others.
- Avoid touching your face (i.e. eyes, nose, and mouth) because this is how germs get into your body.
- Avoid high-traffic surfaces in public places (i.e. elevator buttons, door handles, shopping cart handles). Use your elbow, a tissue or a sleeve to cover your hand if you must touch these surfaces.
- Wear a cloth face covering or mask in public, especially in places where it's hard to maintain at least 6 feet of distance.

Disinfect, Sanitize & Wash Your Hands Often

- Wash your hands using soap and water for at least 20 seconds, especially after you've been in a public place.
- Clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Clean and disinfect high-touch surfaces and common areas in your household (i.e. tables, doorknobs, light switches, phone, computer, remote controls, faucet handles, toilets) on a regular basis.
- Make sure others in your household or anyone you are regularly in close contact with follow these same precautions.

Continue your regular treatment plan

- Don't stop any medications or treatment without talking to your doctor.
- Discuss any concerns about your treatment with your doctor.
- Keep your regularly scheduled medical appointments.
- Talk to your doctor about steps they are taking to reduce risk of exposure to COVID-19 in the office.
- Use telehealth services whenever possible if recommended by your doctor.
- Ensure that you are getting necessary tests prescribed by your doctor.
- Seek urgent medical care if you are feeling unwell.
- Manage stress, eat healthy, and exercise.

FACE COVID

Focus on what's in your control

Acknowledge your thoughts and feelings

Come back into your body

Engage in what you're doing

Committed action

Opening up

Values

Identify resources

Disinfect and Distance

Limit Media/News/Screen time

- Monitor your news and media consumption, as well as screen time.
- Stay informed, but use trustworthy news/medial sources. Pick just two and limit to 15-30 minutes of news per day. Turn off news alerts on your devices.
- Utilize the same for social media.
- Screen time may be increased now—Monitor healthy and unhealthy screen time.
- Which screen activities (Zoom/Facetime with family/friends, virtual learning, work meetings/activities, social media, news, other?) make you feel connected and which cause more anxiety?
- Take breaks and limit those that are less helpful or need to be regulated in terms of time.

Sleep Hygiene

A daily routine (sleep, eating time, daylight exposure, exercise and stress management) helps to maintain our circadian rhythms and can increase our immunity.

- Get up at the same time every day, even weekends.
- Sleep for 8 hours a night (9-12 hours for teens)
- Discontinue electronics/screens at least 1 hour before bed.
- Maintain a quiet, dark, relaxing bedroom at a comfortable temperature.
- Monitor caffeine use; Avoid alcohol and large meals before bed
 - Healthy eating and staying hydrated with water.
- Daily physical exercise and relaxation tools
- Getting dressed during the day—cue to start the day

Mindfulness and Relaxation

- Anxiety creates tension on our bodies and muscles
- Utilize guided meditation for deep breathing/diaphragmatic breathing, guided imagery, progressive muscle relaxation exercises. Helpful apps:
 - Insight Timer
 - Breathe 2 Relax
 - Stop, Breath and Think
 - Healthy Minds Program
 - Headspace
 - Calm
 - YouTube
- Exercise or take a walk outside
- Watch a movie, cooking, arts and crafts, cleaning, rituals, faith-based activities, self-care
- Take advantage of your alone time to refocus and calm yourself

Exercise

- Free Apps:
 - Asana Revel: yoga inspired
 - Nike Training Club
 - FitOn
 - Les Mills On Demand
- Dance, sing, run, yoga, bike
- Don't sit for more than an hour—we need physiological breaks for the body

Keep Your Hands Busy

- Soothing and reduces anxiety
- Knitting, sewing, quilting, fixing things, chopping for cooking, drawing/painting/coloring, puzzles, painting nails
- Write lists to decrease stress, journaling

Supporting Families and Children

- Practice compassion within your parenting. Promote a schedule for the family, including school, chores, screen time, leisure time, alone time, family time.
- Practice coping strategies together—exercise, mindfulness, meditation, relaxation, deep breathing.
- Board games, cook together, virtual museum tour/travel, arts and crafts, science experiments, gardening, movies, home organization
- Talk to kids about COVID-19 in a developmentally appropriate manner.
 - [Helping Children and Families Cope with the COVID-19 Pandemic](http://www.7-dippity.com/other/covid-19.html) eBook, <http://www.7-dippity.com/other/covid-19.html>

Social Support

- Virtual connection to family and friends
 - Text, video call, Zoom, email, phone call, write letters
 - Virtual games, movies, exercise/yoga together
- Physically distanced outdoor connection

Create a Plan for Your Health

- Create a script for how to respond to social invitations, as people and businesses start opening up.
- How to tell someone they shouldn't come to your house if they have illness symptoms, discussing telecommuting to work with your manager, etc.

Gratitude, Positive Psychology, and Resilience

- Three Good Things app
- Random acts of kindness
- Giving back to the community, being a helper
- Values clarification
 - Define your core values and embrace within work, relationships, and leisure
- Resilience

When to Seek Help

If you realize the following symptoms are present for you, get help:

- Your anxiety is interfering with your daily life.
- You have trouble sleeping.
- You are living too much in your head.
- You find yourself running worst-case scenarios and you have difficulty stopping or distracting yourself.
- You are obsessively paying attention to the media.
- You aren't enjoying activities you used to enjoy.
- You are feeling sad for days and/or crying very frequently.
- You are isolating yourself.

Resources

Helpful resources for mental health and wellbeing:

- Reach out to a social worker or psychologist through your dialysis center/medical center
- Ask your medical team, or look on the American Psychological Association or through Medicare for a provider offering telehealth or virtual therapy sessions
- Crisis Chat: Call 1-800-273-TALK (8255) or text MHA to 741741
- Crisis Text Line: Text HOME to 741741 for free, confidential counseling 24/7
- IMALive: Online chat service at imalive.org
- National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264)
- American Psychological Association: <https://www.apa.org/topics/covid-19/>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Practice at Home

- Awareness and mindfulness
- Connect to what and who you value
- Appreciation and gratitude

Mindfulness Activity Together

- Notice how you feel after this exercise
- Build resilience to stress, anxiety, and anger
- Mindfulness increases the more you practice it
- Even just a few minutes of deep breathing are helpful and beneficial for stress reduction

Thank you!

Questions?



Thank You for Attending Today!

Please complete the Feedback Form



Join us on JUNE 25th at 2:00 pm Eastern for our next webinar on Bone Mineral Disease!

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