COVID19: Supporting Ourselves and our Students

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CAPS
Goals for Training

1. Self care, create a sense of shared community
2. Common responses, when is stress distress
3. What to do
4. Resources
Mountain Meditation
Compassion*

• Always important for us to have compassion - Even more now!

• Compassion for ourselves and others!

• Compassion exercises

* sympathetic consciousness of others' (as well as our own) distress along with a desire to alleviate it
CAPS Video

- https://youtu.be/_13Au6l4s40
Know the Facts

- UC Berkeley Website: https://news.berkeley.edu/coronavirus/
- University Health Service Website: https://uhs.berkeley.edu/coronavirus-covid-19-information
- UHS Coronavirus Mental Health Resources: https://uhs.berkeley.edu/coronavirus/mental-health-resources
- UHS Employee Assistance Resources: https://uhs.berkeley.edu/coronavirus/faculty-staff-resources
Self Care-Reflections

• Your stress reactions
• Response challenges
• Social support plan
• Positive coping plan
• Resilience factors
Response to COVID-19
Common Reactions

**Cognitive**
- Confusion
- Disorientation
- Difficulty w/decisions
- Decreased concentration
- Intrusive thoughts
- Memory disturbance
- *Possible positive reactions: determination, sharper perceptions, courage and faith*

**Physical**
- Sweating, rapid breathing
- Dizziness
- Headaches
- Fatigue, Muscle tension
- Gastrointestinal distress, appetite changes
- Sleep disturbance
- *Possible positive reactions: alertness and increased energy*
Response to COVID-19
Common Reactions - continued

**Emotional**
- Shock/numbness
- Anger
- disbelief
- Fear/anxiety
- guilt
- Irritability
- Grief
- Helplessness
- *Possible positive reactions: feel involved, challenged and mobilized*

**Psychosocial/Beh**
- Social withdrawal
- alienation
- Relationships strained
- Interpersonal conflict
- Substance use
- Vocational impairment
- *Possible positive reactions: Social Connectedness and altruism*
When is Stress Distress: And When is Distress Concerning

• Nature, Duration & Intensity

• Substance abuse

• Danger to self and other

• Gravely disabled
CDC recommendations

- Stay informed but take breaks from news
- Take care of your body
- Take time to unwind
- Connect to others
- Seek help when needed

SAMHSA

• Eat healthy foods, and drink water.
• Avoid excessive amounts of caffeine and alcohol.
• Do not use tobacco or illegal drugs.
• Get enough sleep and rest.
• Get physical exercise

American Foundation for Suicide Prevention recommendations

• Separate what is in control for what is not
• Do what helps you feel a sense of safety
• Get outside in nature—even if avoiding crowds
• Challenge yourself to stay in the present
• Stay connected and reach out if you need more support

LEAPS

• Listen
• Empathize
• Ask questions
• Paraphrase
• Summarize
Support for Students

• All initial visits with counselors will be by phone. Please call (510) 642-9494 to speak with a counselor if you are needing help and do not already have an appointment.
• Students who have follow-up appointments scheduled should check secure messages for updates from their assigned counselor.
• Drop-in urgent counseling has been suspended. Students with urgent concerns should call 510-642-9494 to speak with a counselor as a first step.
• CAPS hours are currently 10am-4pm Mon- Friday
• Many of our satellite offices are closed due to building closures. Please check your specific location. All Let's Talk drop-in at satellite locations has been suspended until further notice.
• For after-hours support, please call the 24/7 line at (855) 817-5667
Break Out Group Discussion

- Share ways you are taking care of yourself
- Share ways you are helping your students
- Share ways to maintain community