

Resources & Coping with COVID-19

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Focus on what you have control over.

Give yourself an adjustment period. Be patient with the transition.

Prepare, don't panic.

Take one day at a time. If you are feeling overwhelmed, aim to plan for the week, not months to come.

Take vacation days even though you are staying home. Take the time to relax and recharge.

Limit exposure to news and social media. This is a good guide on viewing coverage:

<https://www.apa.org/helpcenter/pandemics>

Monitor your stress reactions. Helpful monitoring apps:

T2 Mood tracker (Apple): <https://apps.apple.com/us/app/t2-mood-tracker/id428373825>

T2 Mood tracker (Google Play):

https://play.google.com/store/apps/details?id=com.t2.vas&hl=en_US

PTSD Coach has great monitoring features and excellent guided exercises (even if you don't have PTSD diagnosis): <https://mobile.va.gov/app/ptsd-coach> Accompanying handouts:

<https://www.ptsd.va.gov/apps/ptsdcoachonline/handouts.htm>

Check in with your significant other regarding concerns about exposure. Have a plan in place if exposed. Great resource for law enforcement & firefighter families:

<https://www.theiacp.org/sites/default/files/COVID-19-Families.pdf>

<https://www.iaff.org/wp-content/uploads/Helping-Your-Family-Cope-with-COVID-19-1.pdf>

Consider going to therapy. You can find a clinician who will do telehealth (phone or video therapy). Contact your department's peer support or Employee Assistance Program for a list of clinicians who work with first responders & criminal justice personnel. Guide to finding the right clinician: https://www.iaff.org/wp-content/uploads/COVID19-Is_Telemental_Health_Right_.pdf

Talk to a peer support member of your department. Peers are a valuable resource and what is shared is confidential

IACP Wellness and Resiliency during the COVID-19 pandemic:

<https://www.theiacp.org/sites/default/files/Officer%20Wellness%20and%20Resiliency.pdf>

CDC on stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Free guide on how to shield yourself against COVID-19:

https://www.newharbinger.com/sites/default/files/excerpts/BNV_COVID_FINAL.pdf

American Psychological Association Resources on COVID-19:

<https://www.apa.org/topics/covid-19/index>

Physical and Behavioral ways to cope:

Get adequate sleep. This will help you deal with the daily stressors. FAQ sheet for Shift workers & sleep: <https://www.brighamandwomens.org/assets/BWH/sleep-matters/pdfs/covid-19-shiftworker-tips.pdf>

Let's get physical! Many gyms and yoga studios are offering free virtual workouts. Get a workout buddy and connect live through FaceTime or Skype. Do a step challenge with your family/friends.

Fitness, yoga, mindfulness meditation:

http://kimberlymillerconsulting.com/pdfs/covid/Fitness.Yoga.Mindfulness.Meditation_Resource_s.pdf

Identify and journal your feelings & thoughts. Getting them out can really help.

Get outside for at least twice a day. (Go for a walk, work in the garden, start an outside project).

Limit substance use (caffeine, alcohol, marijuana, etc.)

Eat well & drink water. Limit snacking. Keep nutritious and healthy snacks handy.

Try mindfulness for free: <https://chopracentermeditation.com/>

<https://learning.mindful.org/p/daily-mindfulness-free/>

Free Healthcare providers UCSF Emotional Well-Being during COVID-19:

<https://psychiatry.ucsf.edu/coronavirus/webinars>

Free and Low Cost Entertainment:

http://kimberlymillerconsulting.com/pdfs/covid/Free_and_low_cost_entertainment_resources_April_2020.pdf

Social ways to cope:

Embrace the web camera – combat social isolation by keeping in touch with family/friends. Host a virtual happy hour, Netflix party, Google Hangouts, FaceTime, Skype, Zoom, etc.

Free tech guide:

http://kimberlymillerconsulting.com/pdfs/covid/Free_Tech_Resources_April_2020.pdf

Laughter is good. Humor is a great coping tool.

Many churches and community centers are offering services & activities online to stay connected.

Tips for relationships:

http://kimberlymillerconsulting.com/pdfs/covid/20_Tips_for_Healthy_Happy_Relationships.pdf

Support your elderly friends and family:

Deliver groceries or prescriptions to their homes

Call them to talk

Try a video chat (Skype, FaceTime) so you can see each other

Write letters or emails, send photos, books or puzzles

Encourage them to wash their hands often

Washington County Department of Aging & Disability Services has a great Facebook Page with ideas on how to support/cope with isolation: <https://www.facebook.com/WashCoDAVS/>

Working from home:

Get dressed and groomed during normal work week.

Get out of bed – avoid working while you are in bed. The bed is for two things (sleeping and you know the other reason ;)

Create a dedicated workspace preferably with a door to minimize distractions.

Personalize your workspace. Display pictures, add plants, switch up your scenery.

Take breaks & plan your distractions – set a timer (work for 20 min, break for 10).

Notice when you are most productive and plan accordingly (do the mental heavy lifting when you are most productive).

Reach out to coworkers or others outside your organization. Use Linked in or Facebook to connect with others who are going through this with you.

Focus on personal & professional development. Find online classes & webinars on career and personal growth.

APA guide on newly remote workers: <https://www.apa.org/news/apa/2020/03/newly-remote-workers>

Tips for circadian sleep health while working from home:

<https://www.brighamandwomens.org/assets/BWH/sleep-matters/pdfs/covid-19-circadian-health-wfh-tips.pdf>

If you have kids:

Have a plan & schedule for you & the kids

If possible, take turns watching/entertaining the kids.

Create boundaries with you kids. Communicate more than you think you have to (i.e. an important meeting, the need for uninterrupted time)

Make a time capsule to remember this unprecedented time. Have your kids write and make drawings about what they are experiencing. Join them in this activity.

Free Audible stories for kids: <http://stories.audible.com>

Free recreational resources:

http://kimberlymillerconsulting.com/pdfs/covid/Virtual_Field_Trips_April_2020.pdf

CDC on kids: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren.html

CDC on talking to your kids: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Recovery groups:

IAFF: <https://www.iaff.org/behavioral-health/#online-recovery-meetings>

Online Recovery Groups: <https://www.intherooms.com/home/>

Suicide:

Safe Call Now 206-459-3020 (confidential 24-hour crisis hotline and referral service).

<https://www.safecallnow.org/>

<https://afsp.org/mental-health-and-covid-19>

<http://zerosuicide.edc.org/covid-19>

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Other helpful information:

IACP COVID Resources:

https://www.myiacp.org/COVID19libraryofresources?_ga=2.56029163.1102246271.1587160546-40856973.1587160546

IAFF COVID Resources: <https://www.iaff.org/coronavirus/>

Priority access to Costco for healthcare workers & first responders:

<https://www.costco.com/covid-updates.html>

Searchable resources for First Responders: <https://allclearfoundation.org/resources/>

Wellness & Resilience Tips & Tools:

http://kimberlymillerconsulting.com/pdfs/covid/Wellnes_and_resilience_tips_and_tools.pdf

National Center for PTSD coping handout:

<https://www.ptsd.va.gov/covid/COVID19ManagingStress032020.pdf>