

Mental Health & Mindfulness During COVID-19

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REMEMBER...

The Americans with Disabilities Act (ADA) defines a person with a disability as a person who has a physical or mental impairment that...

- substantially limits one or more major life activity
- includes people with a record/history of an impairment, even if they do not currently
- includes individuals who do not have a disability but are regarded as having a disability

This is a legal definition, not a medical one, thus it is different from how disability is defined in other areas, such as for Social Security Disability related benefits.

There are both visible & invisible (hidden) disabilities. Many invisible disabilities exist, including various mental illnesses. Mental health and mental illness are defined differently but often used interchangeably & incorrectly. Stigma is associated with mental illness, lack of disclosure and treatment. Stigma can be eliminated through education and awareness. Maintain good mental health through self-care, prevention & appropriate treatment.

MENTAL HEALTH STATISTICS RESOURCES:

Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov>

National Alliance on Mental Illness (NAMI) <https://www.nami.org>

Bureau of Labor Statistics <https://www.bls.gov>

The American Institute of Stress <https://www.stress.org>

The Center For Workplace Mental Health <http://workplacementalhealth.org/>

MINDFULNESS IN ACTION:

- **Choose not to be offended:** Give the benefit-of-the-doubt; focus on intent of effort, no perception.
- **Show compassion and concern:** Be conscious of facial gestures, body language & tone of voice.
- **Be realistic in your expectation:** To expect faultless behavior from co-workers is unrealistic and will bring disappointment. Make it a point to commend them for what they are doing.
- **Be a good listener:** Listen with empathy. You may ask tactful and sympathetic questions with the aim of understanding the person's feelings. Be patient and resist any urge to interrupt.
- **Avoid a critical spirit/judgement:** Coming across as being critical can add to their condition and undermine our sincere efforts to build them up.
- **Speak positively:** Share comforting words and experiences to upbuild and instill hope. These aids can equip us to be in position to provide empathetic thoughts that can make our efforts more effective.

TIPS IN MINDFULNESS:

1. Mindful moments
2. Awareness of breathing
3. Body awareness
4. Awareness of thoughts
5. Single-focus tasking
6. Social Support
7. Altruism
8. Attention to small wonders
9. Mindfulness at work
 - a. Take your breaks/lunch
 - b. Don't self-depreciate
 - c. Be a friend to yourself
 - d. Ask for help when needed
10. Acceptance, flexibility & non-judgmentalism

DISCLAIMER: PLEASE NOTE THAT THESE ARE SUGGESTIONS, TIPS AND RESOURCES. NOT TO BE TAKEN AS PRESCRIPTIVE OR LEGAL ADVICE.

ACTIVITIES DURING COVID-19:

Learn something new:

- Sewing, cooking, dancing, painting, drawing, take an online class, reading

Stay Active:

- Exercising (online work out programs), bicycling, yoga, stretching, walking

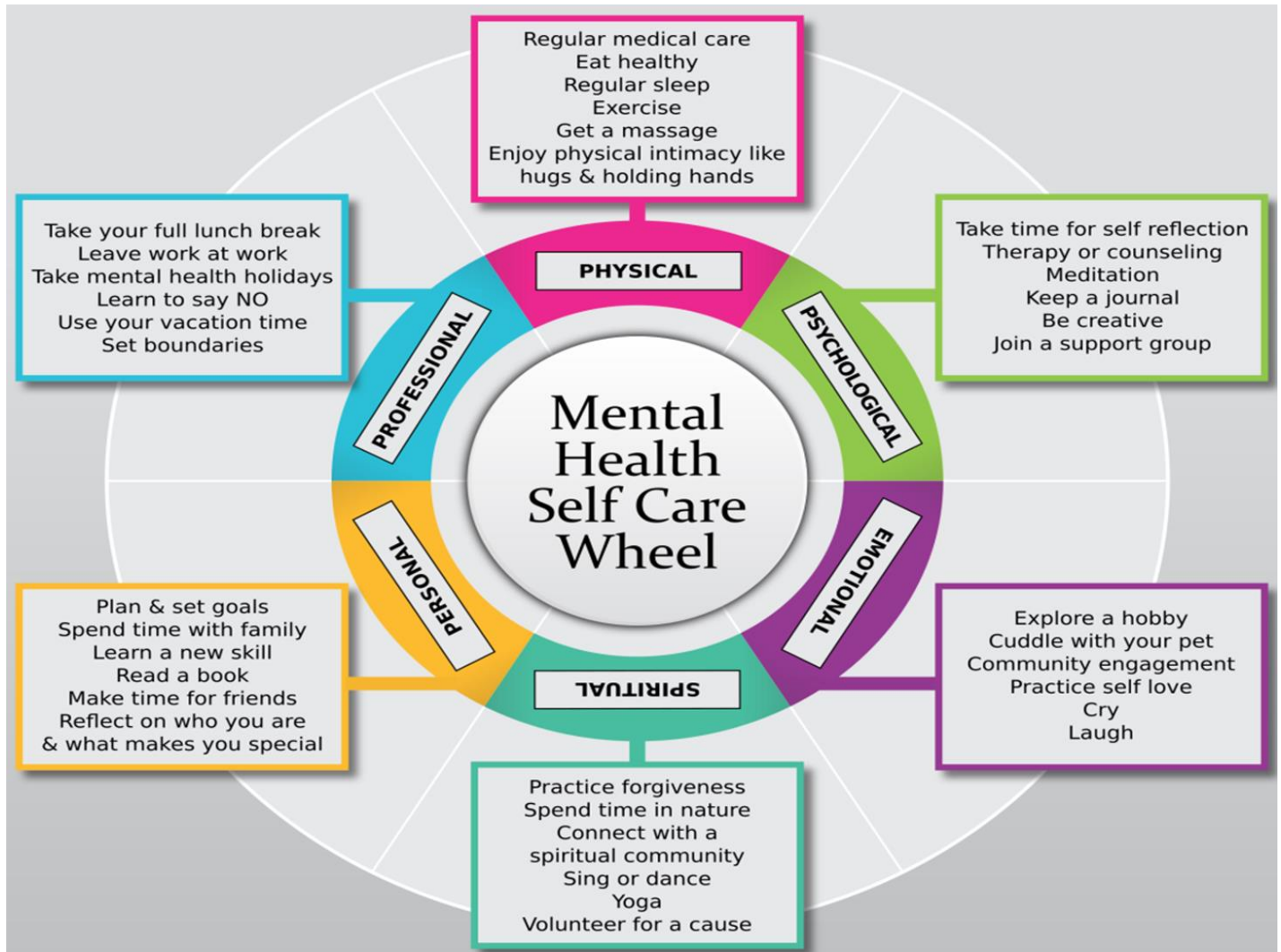
Get Creative:

- DIY projects, build something, fix something, arts and crafts, small home improvements

Keep your brain busy:

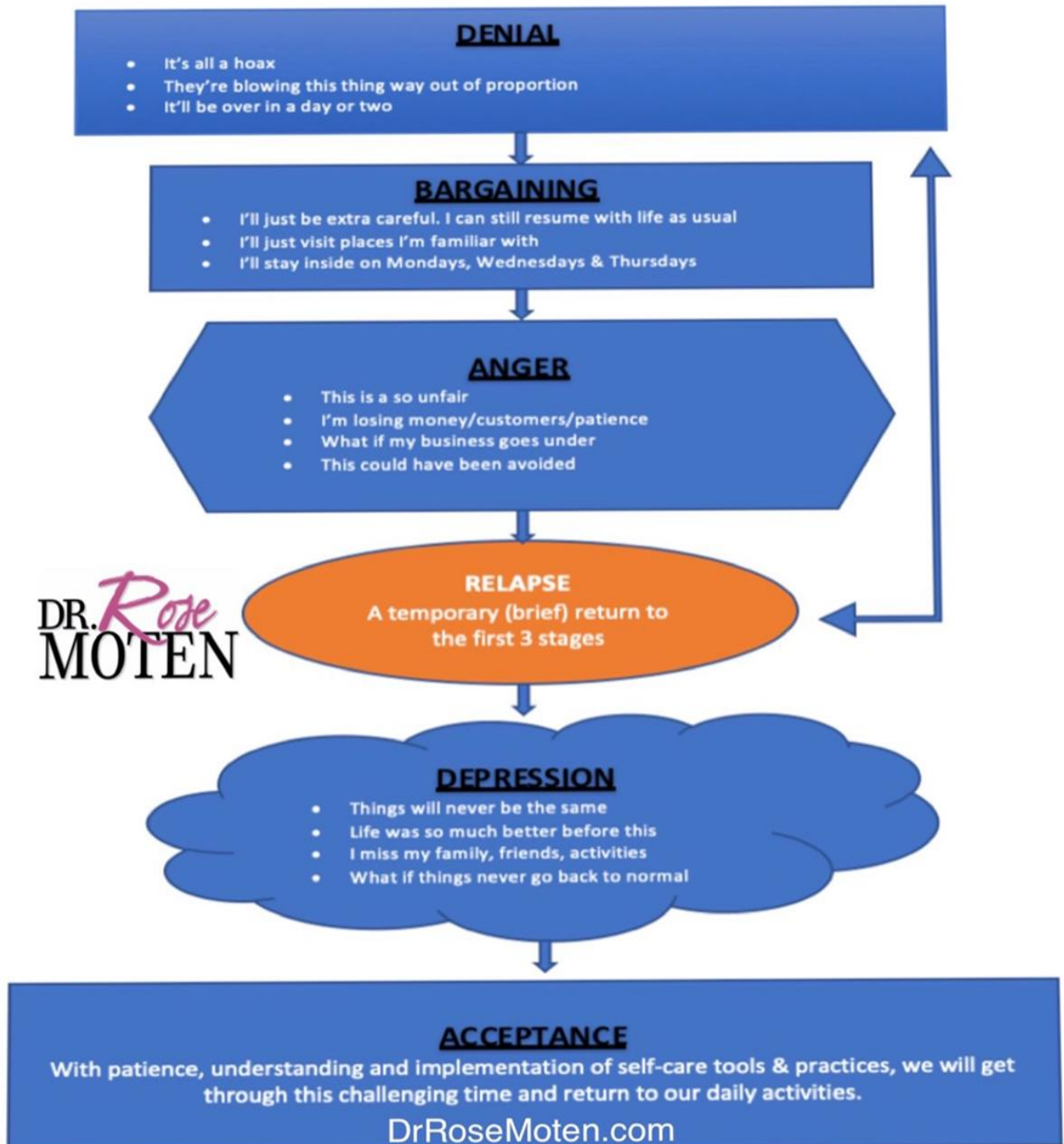
- Puzzles, sudoku, word searches, journaling, gaming, playing with pets, engaging with your children, catching up on your favorite series, listening to music etc.

ADDITIONAL RESOURCES:



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The 6 STAGES OF SOCIAL DISTANCING



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How We Respond to Stress & Trauma

Dr. Rose Moten, LP

BEHAVIORAL	EMOTIONAL	PHYSICAL
Wanting to Isolate Low Frustration Tolerance Hypervigilant Short fused Avoidance Unhealthy Eating Habits Increased use of alcohol or drugs Overeating Aggression Procrastination Low Motivation Increased Risk Taking More accident prone	 Anxiety Fearfulness Feeling Numb Crying Spells Feeling Disconnected & Detached Depression Anger Irritability (taking everything personally) Guilt Disorientation Feeling Hopeless/Helpless Difficulty concentrating and/or remembering Flashbacks of past unpleasant memories Nightmares	Insomnia Hypersomnia (excessive sleep) Exhaustion Aches and pains (headaches, backaches, stomach aches) Sudden sweating and/or heart palpitations (fluttering) More susceptible to colds and illnesses Chronic Illness Flare-up Loss of appetite Loss of interest in once enjoyable activities Low Sex Drive

ADDITIONAL RESOURCES:

State of Michigan <https://www.michigan.gov/Coronavirus>

Center for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Center for Disease Control (CDC) Stress and Coping –COVID-19

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

Mental Health and COVID-19 Resources <https://mhanational.org/covid19>

Michigan Department of Health and Human Services (MDHHS): Abuse & Neglect (855) 444-3911

https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html

Domestic Violence https://www.michigan.gov/som/0,4669,7-192-29941_30586_240-2888--00.html

Michigan Mental Health Networker <http://www.mhweb.org/>

National Suicide Prevention Lifeline (800) 273-TALK (8255) <https://suicidepreventionlifeline.org/>

United Way – www.211.org

NAMI (National Alliance on Mental Illness) Michigan <https://www.nami.org/Local-NAMI?state=MI>

NAMI helpline: 800-950-NAMI (6264)

MDHHS Mental Health Hotline for those impacted by COVID-19

888-PEER-753 (888-733-7753) 7 days a week from 10 a.m. to 2 a.m.

Morning Exercise=Mental Health - <https://youtu.be/3ZBXldCxZEA>

The Workplace Stress Solution - <https://youtu.be/6OzKD1YWHRI>

10 Ways To Reduce Stress At Work - <https://youtu.be/dGL1Ug9Nm1A>

Free Mindful Meditation: <https://www.uclahealth.org/marc/mindful-meditations>

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