

Keep Calm & Carry On Webinar Series

Part 1:

What You Can Do When You're Not in
Control (of COVID-19)

OUR MISSION IS
TO SUPPORT YOURS

TODAY'S TOPICS TO BE COVERED

- Understanding Anxiety, Depression, and Your Experience of Stress
- 5 Coping Skills for Dealing with Uncertainty
- Resources for Support
- Q & A

TODAY'S PRESENTERS



KARLA CHIN

Director of Total Well-Being
Exude, Inc.



MARIA REYES

Trauma Counselor
Founder of Resilient Mind Works

How You're Feeling is NORMAL



Pandemic is
Abnormal



Anxiety is thinking
about what hasn't
happened yet
(FUTURE)



Depression is
thinking about what
already happened
(PAST)

WHAT WE NEED TO DO



ACKNOWLEDGE



FEEL IT



UNDERSTAND WHY
YOU ARE FEELING
THAT WAY

STRESS RESPONSES

(Pete Walker)



FIGHT – control



FLIGHT - avoidance



FREEZE - seclusion



FAWN – giving-up

5 Coping Skills for Dealing with Uncertainty



BREATHING
EXERCISES



LOOK FOR 3
TANGIBLE
POSITIVE
THINGS
AROUND YOU



TAKE 5 EVERY 50



THOUGHTS =
FEELING =
ACTION



PRIORITIZE
YOURSELF

1. BREATHING EXERCISES



Beginner – 1
min



Intermediate
– 5 min



Expert – 10
min or more

2. LOOK FOR THREE THINGS



Tangible



Positive



Surroundings

3. TAKE 5 EVERY 50

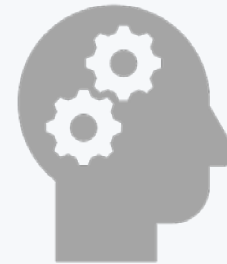
Move your body every 50 minutes.



4. T + F + A



Thoughts become
Feelings.



Feelings create Actions.

5. PRIORITIZE YOURSELF

We don't prioritize ourselves because of:

Guilt

Shame

Judgment

Blame

MINDFUL PRACTICE

Change is the only thing
that is Constant.

You cannot control
people, events, mother
nature, etc.

You **CAN** control your
response.

5 COPING SKILLS

=

MINDFULNESS
PRACTICE

Mindful practice is preparation
for the unknown.

TAKE AWAY

What CAN'T You
Control?

What CAN You
Control?

How do you do that?

SOCIAL
CONNECTING
WHILE
PHYSICAL
DISTANCING



Solitude



Flexibility



Boundaries



Intentional



Structure



Value



Forgiveness & Self-Compassion



Be Present

REMEMBER...

ANXIETY is thinking about the future.

DEPRESSION is thinking about the past.

All we need to be is in the PRESENT.

Practicing the 5 Coping Skills (Mindfulness) is PREPARATION.

RESOURCES FOR SUPPORT

NATIONAL DOMESTIC VIOLENCE
HOTLINE: 1-800-799-7233
[@thehotline.org](https://www.thehotline.org)

NATIONAL HELP HOTLINE:
1-800-662-HELP

NATIONAL ALLIANCE FOR MENTAL
HEALTH: 1-800-950-6264

CrisisTextLine.org provides free 24/7
counseling support. Text HOME to 741741.

WWW.RESILIENTMINDWORKS.COM

KEEP CALM & CARRY ON WEBINAR PART 2: CREATING A SELF-CARE PLAN

TUESDAY, APRIL 7 AT 12:30 – 1:00 P.M. EST

- Learn the four foundational components of self-care
- The difference between self-care and self-soothing
- Complete your own self-care plan
(handout will be provided)

THANK YOU FOR YOUR PRESENCE.

LET'S STAY CONNECTED.

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Q & A