Managing Negative Emotions During Social Distancing.

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Anxiety

• Anxiety is excessive worry or fear that will be with you

• It can show up as
  • Obsessive compulsive disorder
  • Phobia
  • Social anxiety disorder
  • Panic disorder
  • Post traumatic stress disorder
  • Hypochondria
  • Separation anxiety
Signs of Anxiety

The presence of excessive anxiety and worry about a variety of topics, events, or activities.

The worry is experienced as very challenging to control.

The anxiety and worry are accompanied with at least three of the following physical or cognitive symptoms:

- Edginess or restlessness
- Tiring easily; more fatigued than usual
- Impaired concentration or feeling as though the mind goes blank
- Irritability (which may or may not be observable to others)
- Increased muscle aches or soreness
- Difficulty sleeping
Compassion Fatigue

- Experiencing burnout and secondary trauma

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Symptoms of Compassion Fatigue – Figley (Ed.) 1995/97

I-CAN
Caring Video Training Network
Depression

- Depressed mood
- Loss of pleasure
- Significant weight loss
- A slowing down of thought and a reduction of physical movement
- Fatigue or loss of energy nearly every day.
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
- Diminished ability to think or concentrate, or indecisiveness, nearly every day.
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.
Coping skills
- Aromatherapy
- Physical activity
- Write down your thoughts
- Make lists
- Know your triggers
- Sticking to a routine
- Listening to a song
- Change your bedsheets
- Talk to a friend
- Read
- Get a drink
- Get or give a hug
- Count to 100
- Notice 5 things you can see
- Chew gun

- Shower or bath
- Comfort food
- Look at something funny
- Slow count to 10
- Think of something funny
- Positive thought Jar
- Visualize your favorite place
- Color or doodle
- Get a snack
- Use I-statements
- Ask yourself “what do I need to do right now?”
- Use a relaxation app
- Relax your muscles
- Ask for or take a break

- Watch a good movie
- Take pictures
- Schedule time for yourself
- Blog
- Paint your nails
- Read a joke
- Make a gratitude list
- Complement yourself
- Visualize a stop sign
- Make a list for the future
- Identify and express feelings
- Make a list of choices
- Can you think of anything else??
Activity

• Grab a pen and paper
• On the top write down a situation that causes you anxiety, depression, or trauma
Going outside during the COVID-19 lockdown gives me anxiety

Is it under my control?

Yes

What can I do to make myself feel better?

Wash my hands, make sure not to touch anything that I don’t need to, wear a mask, use hand sanitizers, use disinfectant wipes to clean everything I buy

If the above mentioned doesn’t help completely, what coping strategies and I going to use

No

What can I do to make myself feel better?

Use coping strategies, do everything that is under my control

What coping strategies am I going to use?

Write down positive thoughts, Use a positivity jar, workout.
I sent an email/text to someone but they have not responded

Is it under my control?

Yes

What can I do to make myself feel better?

I can send an email/text as a follow up to see if the person missed it in 24 hours

If the above mentioned doesn’t help completely, what coping strategies and I going to use

No

What can I do to make myself feel better?

Use coping strategies

What coping strategies am I going to use?

Write down positive thoughts, Use a positivity jar, workout.
References

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