

Mississippi Annual Conference United Methodist Church

Resilient Response for Trying Times

Methodist Healthcare EAP

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How are we doing?



How are we doing?

- Pandemic Realities – season of adaptation
- Trying to make sense of it all
- Impact on our mental health
 - Stress, anxiety, depression, substance abuse
- Surge Capacity
- Grief, Languishing, and Delta Whiplash
- Other stressors – storms of life (literal and figurative)



Pandemic Impact on Mental Health

Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones.

Many people facing increased levels of alcohol and drug use, insomnia, and anxiety.

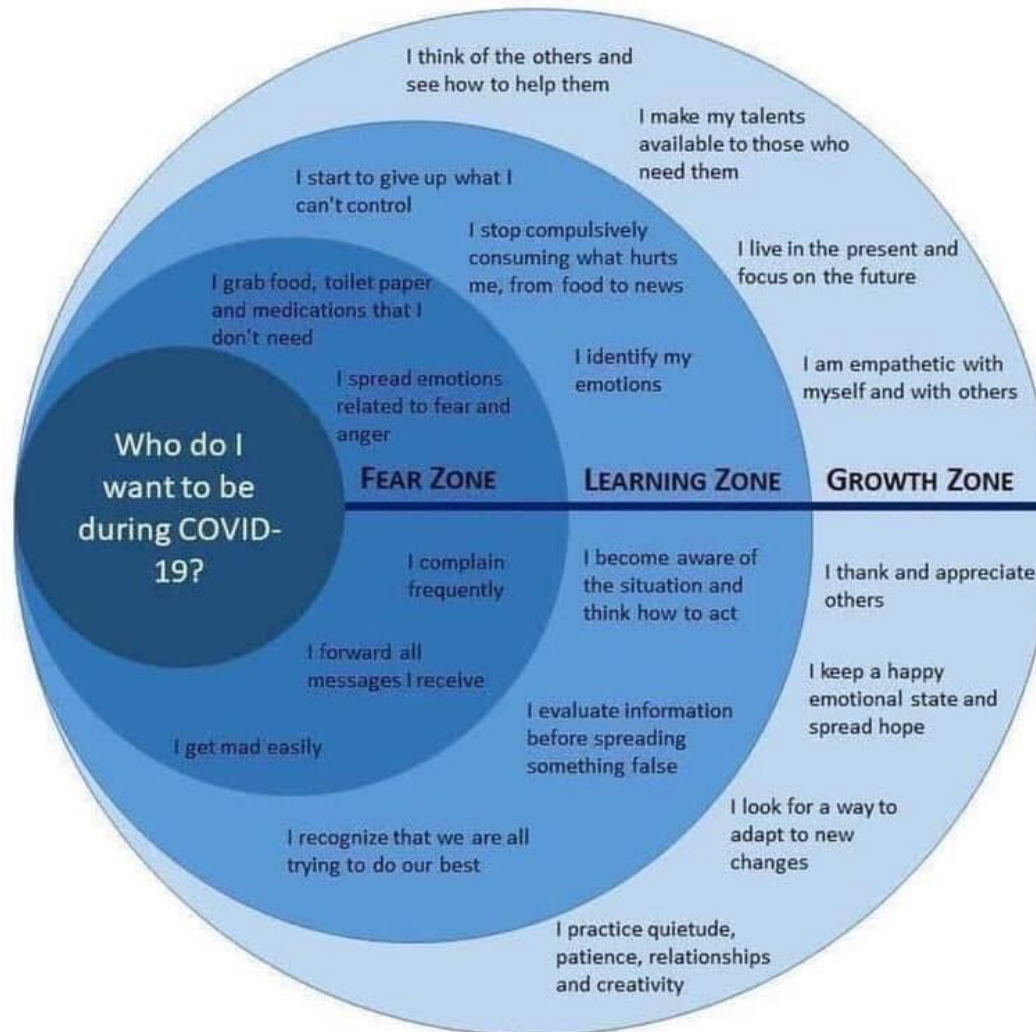
- <https://www.who.int/news/item/05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries-who-survey>
- Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety.
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Pandemic Impact on Mental Health

- Here are some key conclusions about the pandemic's impact on people's mental health, substance use and well-being:
 - • Young adults have been especially hard hit. Those ages 18-24 are about twice as likely as all adults to report new or increased substance use or recent suicidal thoughts
 - • More women than men are facing mental health challenges. Women more likely to report symptoms of anxiety and/or depressive disorder.
 - • People experiencing job or income losses are at higher risk for mental health problems.
 - • Essential workers face greater challenges than other workers. Essential workers are more likely than non-essential workers to report symptoms of anxiety or depressive disorder. increased or new substance use, or recent suicidal thoughts.
 - • Communities of color are disproportionately affected. Non-Hispanic Black adults and Hispanic or Latino adults are more likely to report symptoms of anxiety or depressive disorder than White adults.

<https://www.kff.org/coronavirus-covid-19/press-release/how-the-covid-19-pandemic-is-affecting-peoples-mental-health-and-substance-use/>

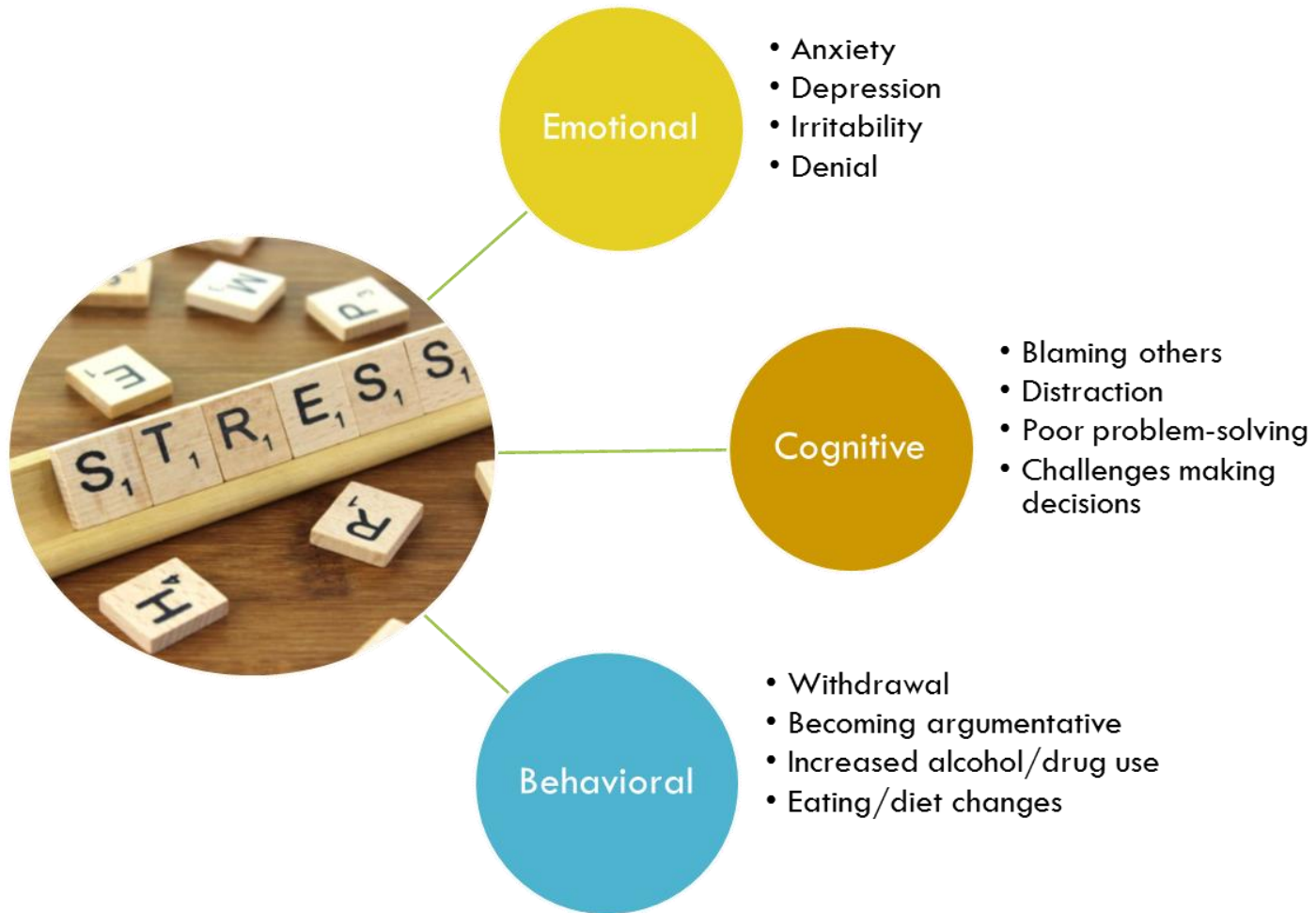
Are we learning and growing?



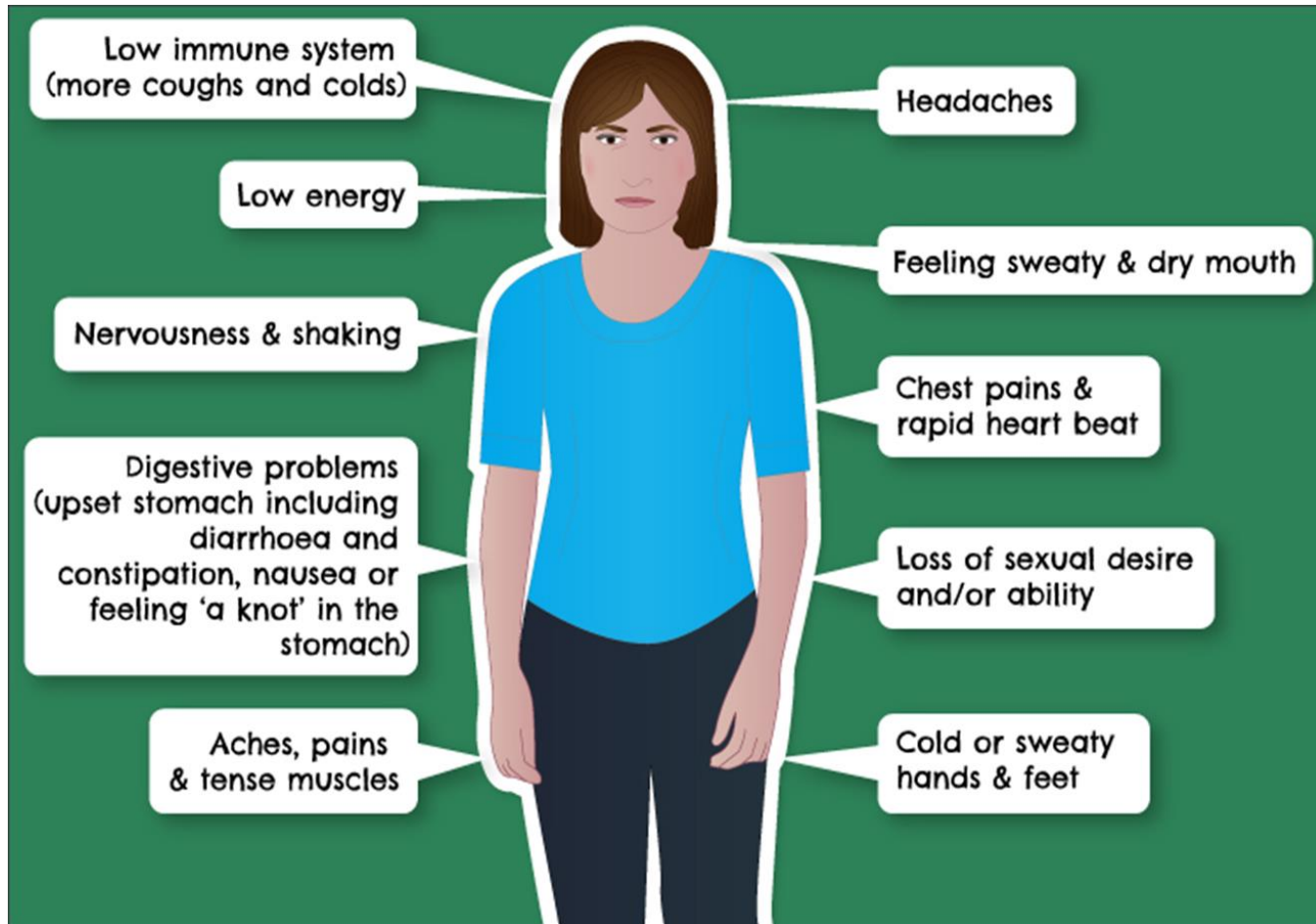
What is Stress?

- Stress is the pressure and tension you feel when faced with a situation that's new, threatening or unpleasant.
- Stress is an automatic reaction to a demand or danger.
- Stress is positive and negative; acute or chronic.
- **What is the purpose of stress?**
- Emotions are signals to help us recognize problems. Stress hormones help us fight-or-flee when we are in danger. But our body's stress response can become a problem when it constantly signals danger about issues that aren't necessarily a threat, or it grows to the point of overwhelming our health, well-being or clear thinking.

Stress Manifestation



Stress Manifestation



Why manage stress?

- 75% to **90%** of all doctor's office visits are for stress-related ailments and complaints.
 - Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety (webmd.com)
- Risk of injury increases if stress remains high.
- 65% of US employees view their jobs as the number one stressor in their lives. (apa.org)
- 42% of employees have changed jobs due to stress. (forbes.com)
- Mood and energy increase when stress is effectively managed.



Focus on what you can Control



Self-Care Reality



Self-Care Framework

- What brings you joy?
- What cultivates renewal and restoration?
- What helps you prioritize?
 - Sleep
 - Nutrition
 - Water
 - Movement
 - Connection



Nature



Movement



Manage Stress at Home and Work

- Acknowledge feelings of fear, anxiety, and uncertainty
- Reach out for support.
- Take time to focus on yourself.
- Positive affirmations
- Journaling
- Encourage open communication
- Establish a Routine – sleep, dinner together
- Clear, thoughtful communication – speaking, writing, listening
- Breathe – practice mindful moments
- Healthy Boundaries – at work and home
- Take Care of You – sleep, eat, water, movement, connection
- Cultivate joy and delight in your life

Resilience

- Resilience is the ability to withstand adversity and bounce back from difficult life events. Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. Some people equate resilience with mental toughness, but demonstrating resilience includes working through emotional pain and suffering.
- <https://www.everydayhealth.com/wellness/resilience/>

Resilience

- Resilience is not a trampoline, where you're down one moment and up the next. It's more like climbing a mountain without a trail map. It takes time, strength, and help from people around you, and you'll likely experience setbacks along the way. But eventually you reach the top and look back at how far you've come.
- <https://www.everydayhealth.com/wellness/resilience/>

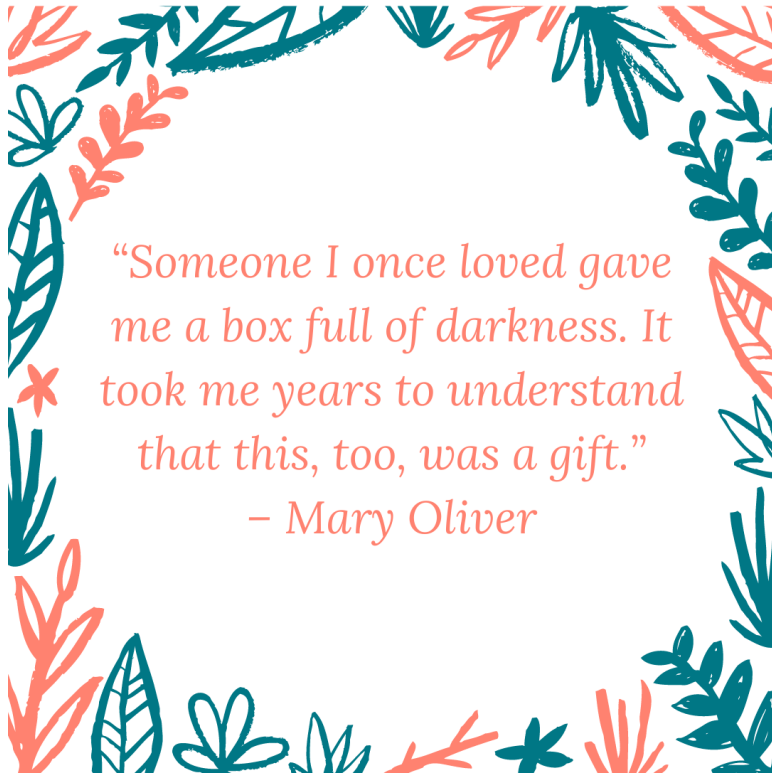
Resilience

- *Andrew Zolli defines resilience as “the capacity of a system, enterprise, or a person to maintain its core purpose and integrity in the face of dramatically changed circumstances.” . . . In other words, resilience is about the capacity to remain steadfastly committed to wisely discerned goals and values when the forces in front of us and around us would seek to compromise both – and we become stronger through the challenge.*
 - Tod Bolsinger “Tempered Resilience”

Cultivate Resilience



Resilience



Acceptance

“GOD, GRANT ME
THE SERENITY TO
accept THE THINGS
I CANNOT CHANGE,
THE **courage**
TO CHANGE THE THINGS
I CAN, AND THE
wisdom TO KNOW
THE DIFFERENCE.”

Reinhold Niebuhr

God grant me the
serenity to accept the
people I cannot
change, the Courage
to change the **One**
I can, and the wisdom
to know it's **ME...**

Compassion

**Be Kind
to Yourself,
Be Kind
to Yourself,
Be Kind
to Yourself.**

Today you could be standing next to someone who is trying their best not to fall apart. So whatever you do today, do it with kindness in your heart.

CHOOSE
kindness

Self Check

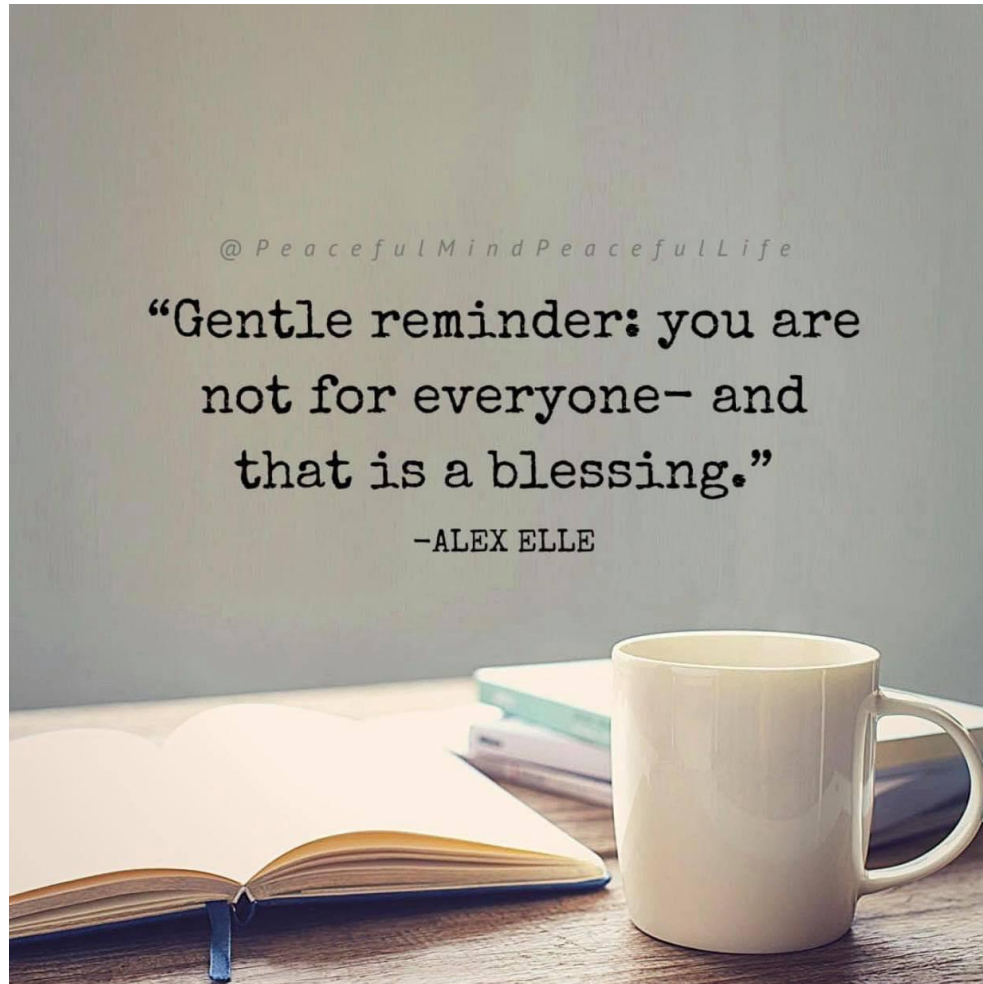
- Do I regularly wake up tired in the morning and struggle to get to work?
- Do I feel as if I am working harder but accomplishing less?
- Am I losing compassion for some people, while becoming over involved with others?
- Am I experiencing recurring illness, aches, and/or pains?

Reducing Stigma

- Remember you are not alone.
- Help is available.
- Ways to reduce stigma:
Start the conversation about mental health.
Show compassion.
Do not be judgmental: Language matters.
Start advocating.
Embrace your voice. www.nami.org



Remember ...



@PeacefulMindPeacefulLife

"Gentle reminder: you are
not for everyone- and
that is a blessing."

-ALEX ELLE

Gratitude :)

gratitude
grat·i·tude | a feeling of appreciation or thanks