



Philadelphia Coordinated Health Care  
a core program of PMHCC

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# COVID 19 AND STRESS REDUCTION



*Empowering the ID Community*

# HEALTHY ROUTINES

- ESTABLISH A DAILY OR WEEKLY SCHEDULE- START SMALL WITH CHANGES
- MAINTAIN A CONSISTENT SLEEP SCHEDULE
- ENGAGE IN EXERCISE OR SOME FORM OF PHYSICAL ACTIVITY EACH DAY
- KEEP CONSISTENT MEALTIMES
- ENGAGE IN SELF-CARE TIME



# WHY IS THIS SO IMPORTANT?



# SELF-MONITORING

- INCREASED AWARENESS OF ONE'S OWN THOUGHTS, FEELINGS, AND BEHAVIORS
- THE MORE YOU KNOW ABOUT YOURSELF THEN THE BETTER YOU CAN RESPOND TO SITUATIONS
- EXAMPLES:
  - DAILY CHECK IN
  - MOOD DIARY



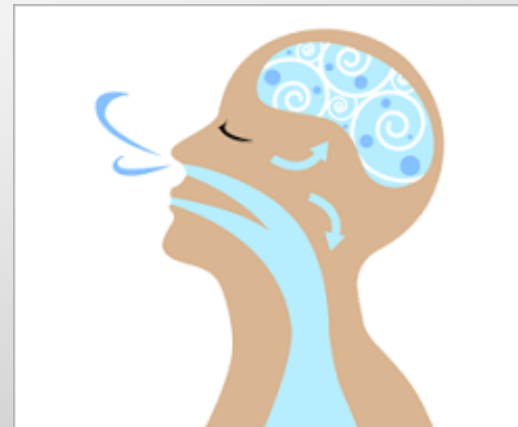
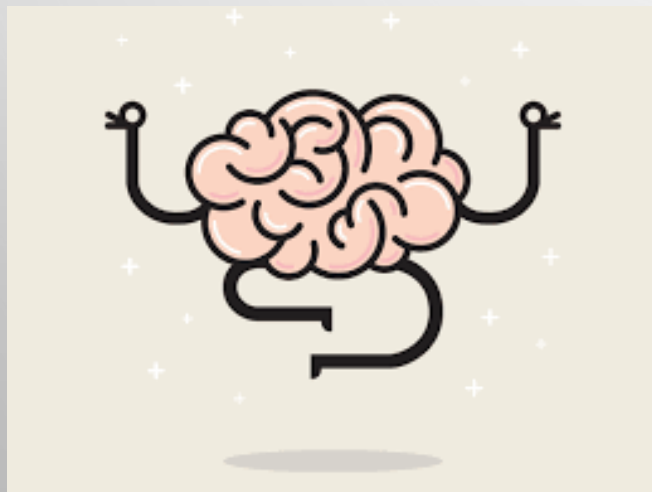
# CHECKING YOUR BATTERY LIFE

- DAILY CHECK-INS TO DETERMINE HOW YOU ARE FEELING AND WHY
- 0 – 100% CHARGED
- NO CHARGE/SHUTDOWN, NEEDS BRIEF CHARGE, OR FULLY CHARGED
- HALT :
  - HUNGRY?
  - ANGRY?
  - TIRED?
  - LONELY?



# MINDFULNESS

- REMAIN PRESENT OR IN THE MOMENT
- AWARE OF WHERE YOU ARE AND WHAT YOUR DOING
- NOT REACTING TO WHAT IS GOING ON AROUND YOU OR BECOMING OVERWHELMED



# MINDFUL ACTIVITY

- CHOOSE AN ACTIVITY TO DO MINDFULLY THROUGHOUT THE DAY
- STAY IN THE MOMENT AND ASK YOURSELF WHAT DO YOU SEE, HEAR, SMELL, TOUCH, OR FEEL
- SIMPLE NOTICE WHENEVER YOUR MIND WANDERS THEN RE-FOCUS ON YOUR CHOSEN MINDFUL ACTIVITY
- DESCRIBE RATHER THAN JUDGE AND BE PATIENT WITH YOURSELF



# HI 5 BREATHING





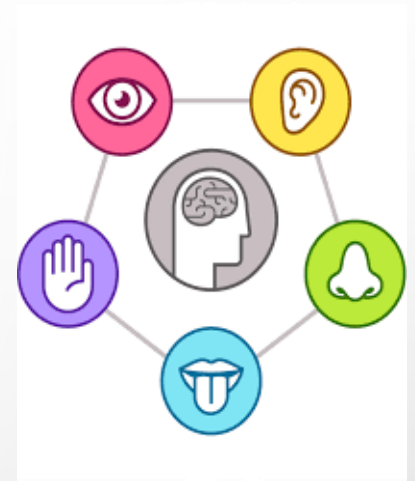
# THE STOP SIGN

- STOP!
- COUNT 1 TO 10
- TAKE 4 DEEP BREATHS
  - INHALE THROUGH YOUR NOSE
  - HOLD FOR 2 SECONDS
  - EXHALE THROUGH YOUR MOUTH
- SAY SOMETHING POSITIVE
  - “THIS WILL PASS”
  - ”I CAN DO IT”



# 5-4-3-2-1 SENSES

- 5 THINGS I SEE
- 4 THINGS I CAN HEAR
- 3 THINGS I CAN TOUCH OR FEEL
- 2 THINGS I CAN SMELL OR LIKE THE SMELL OF
- 1 TAKE A SLOW DEEP BREATH



# POSITIVE AFFIRMATIONS

- POSITIVE STATEMENTS TO HIGHLIGHT OUR POSITIVE QUALITIES
- IF YOU THINK POSITIVE, THEN YOU WILL BE POSITIVE
- EXAMPLES:
  - I AM DOING MY BEST.
  - TODAY IS GOING TO BE A GREAT DAY
  - I CHOOSE TO BE HAPPY TODAY

you  
are  
capable.

# SOCIAL SUPPORT

- MAINTAIN SOCIAL CONNECTIONS WITH YOUR FAMILY AND FRIENDS EVEN DURING QUARANTINE OR SOCIAL DISTANCING
- STAY CONNECTED THROUGH PHONE CALLS, TEXT MESSAGES, VIDEO CALLS, OR ON SOCIAL MEDIA.
- REGULAR CONTACT WITH YOUR SOCIAL CONNECTIONS CAN DECREASE THE FEELING OF ISOLATION AND IMPROVE YOUR MOOD
- CAUTION: DON'T OVER DO IT!



# LIMIT MEDIA

- IT IS IMPORTANT TO STAY INFORMED ABOUT WHAT IS HAPPENING IN THE WORLD.
- HOWEVER, TOO MUCH INFORMATION CAN BE OVERWHELMING AND CAUSE INCREASED ANXIETY ESPECIALLY WITH THE COVID-19 COVERAGE.
- SET UP A SPECIFIC TIME THAT IS SCHEDULED IN YOUR DAY TO CHECK THESE MEDIA SOURCES AND KEEP YOURSELF TO THAT TIME.



# KNOW WHAT'S AVAILABLE

- FOOD BANKS
- STIMULUS MONIES
- GOVERNMENT ASSISTANCE
- WHAT IS OPENED?
  - ALTERNATIVE WAYS TO OBTAIN PROFESSIONAL SERVICES
    - INSURANCE CARRIERS
    - PSYCHOLOGY TODAY, PSYCHOLOGIST LOCATOR- APA

# Mental Health Help During COVID-19

## Crisis Text Line



Text 'PA'  
to 741741

## National Suicide Prevention Lifeline



1-800-273-8255

## Preventing suicide in PA



preventsuicide  
pa.org/

## Disaster Distress Helpline



800-985-5990

## Get Help Now for substance use disorder



1-800-662-4357

## Veterans in crisis



veterans  
crisisline.net

## PA's support helpline



855-284-2494

## Coping with COVID-19 stress



bit.ly/covid-coping

## COVID-19 resources



mhanational.  
org/covid19

# RESOURCES

- PCHC WEBSITE
  - [WWW.PCHC.ORG](http://WWW.PCHC.ORG)
- PCHC FACEBOOK PAGE
- CALM APP
  - [WWW.CALM.COM](http://WWW.CALM.COM)
- HEADSPACE
  - [WWW.HEADSPACE.COM](http://WWW.HEADSPACE.COM)
- APA COVID 19 RESOURCES
  - [HTTPS://WWW.APA.ORG/TOPICS/COVID-19/INDEX#SELF-CARE](https://www.apa.org/topics/covid-19/index#self-care)
- CRISIS TEXT LINE
  - TEXT HELLO TO 741741
- NATIONAL SUICIDE PREVENTION LIFELINE (OPTIONS FOR HEARING IMPAIRED)
  - 800-799-4889



# QUESTIONS?



PLEASE FEEL FREE TO EMAIL WITH ANY ADDITIONAL QUESTIONS!

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