



COPING WITH COVID 19 - A MENTAL HEALTH TALK

Purple Yip, November 10th 2020



Agenda

- Self care as an ethical issues during the pandemic
- Assessing your stress and anxiety level
- Managing COVID-related stress
- Building resiliency
- Practicing your faith
- Taking care of your community
- Getting help
- Self help resources for everyone

Self care as an ethical issues during the pandemic

The COVID-19 pandemic can feel overwhelming.

It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and, occasionally, out of control. Physical responses may include headache, muscle tension, fatigue and sleeplessness.

Taking care of yourself is important so you are equipped to get through this time.

Assessing your stress and anxiety level

- GDS (Geriatric Depression Scale) for seniors over 65

Available : <https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/cogimp-geriatric-depression-scale.pdf>

Available :

<https://www.woundcare.ca/Uploads/ContentDocuments/Geriatric%20Depression%20Scale.pdf>

- BURNS Depression Checklist and BURNS Anxiety Inventory (for adults)

Available : <https://www.uwgb.edu/UWGBCMS/media/Continueing-Professional-Education/files/Assess-Pkt-1-Burns-Depression-Checklist.pdf>

Available : http://niagaranorthfht.ca/wp-content/uploads/2020/03/Burns-Anxiety-Inventory_.pdf

- PSC-17 or PSC-35 (Pediatric Symptoms Checklist) for age 4 to 16

Available : <https://depts.washington.edu/hcsats/FCAP/resources/PSC-17%20English.pdf>

- SDQ (Strengths and Difficulties Questionnaire) for age 3 to 17

Assessing your stress and anxiety level

The Coronavirus Anxiety Scale (CAS)

- **Dizziness** – a major symptom of panic attacks and an associated feature of generalized anxiety disorder
- **Sleep disturbance** – a common symptom of generalized anxiety disorder and post-traumatic stress disorder
- **Tonic immobility** (i.e., motor inhibition) – an involuntary response to extreme fear and the perception of inescapability, typically experienced by victims of highly traumatic situations
- **Appetite loss** – a common symptom of major depressive disorder, a condition that often co-occurs with panic disorder
- **Nausea or abdominal distress** – digestive changes associated with a fear response, major symptoms of panic attacks that are associated with generalized anxiety disorder

(CAS is available: <https://sites.google.com/cnu.edu/coronavirusanxietyproject/home>)

Assessing your stress and anxiety level

If any of the these things become persistent or interfere with daily functioning and are outside the norm for the COVID-19 pandemic, contact your provider for help and guidance:

- **Trouble focusing on daily activities**
- **Anxiety that turns into feelings of being out of control**
- **Strong feelings that interfere with daily activities**
- **Having emotions that become difficult to manage**
- **Feelings of hopelessness or helplessness**

Managing COVID-related stress

- Limit your exposure to social media and news if it has a negative effect on you. Stay away from online chatter if you feel worse after consuming media, or consciously follow it with a “chaser” of something cheerful and positive.
- Seek credible public health information.
 - WHO
 - Ministry of Health
 - Health Canada
 - Toronto Public Health
- Unplugged - Set aside some time to unplug from all electronics, including phone, tablets and computers. Disconnect for a while from social media outlets. You may need to schedule this to make sure it happens.

Building resiliency

- **Go back to the Basics**
- Prioritize getting a good night's sleep. Having a consistent wake up time and bedtime is a good idea.
- Exercise is of great help: it reduces stress hormones and helps with a healthy routine. Several free videos online can help you exercise at home.
- Pay attention to nutrition.
- Be open to trying a variety of calming techniques.
- Cut back on smoking, alcohol or substance use.
- Reduce your online time.

Building resiliency

- **Maintaining regular contacts with others** (online or phone meetings with friends, online movie night, having dinner together, outdoor exercising together)
- **Online learning** (photography, language, crafts, painting, cooking, upgrade your computer skills, podcasts)
- **Starting or finishing a project** (cleaning your basement, garage, books and other belongings, building a family album, writing a story, editing pictures, planning for a post-pandemic trip)
- **Engaging in meaningful activities** (volunteering, reading, music appreciation, learning an instrument)

(Maintaining a healthy daily routine)

Christians and mental illness

- ❖ Christians could and would experience depression.
- ❖ Good Christians could have depression or other mental illnesses.
- ❖ Depression is not a sign of spiritual weakness.
- ❖ Anxiety Disorder is not a sign of “lack of faith”.

Relationship between Religion/Spirituality and Health

- Coping with adversity
- Positive emotions (hope, happiness, optimism, meaning and purpose, self esteem, sense of control, positive character traits)
- Coping with depression
- Suicide (those without hope, depressed, and have low self esteem are at greater risk)
- Coping with anxiety
- Psychotic disorder / schizophrenia

(Koenig, 2012)

Practicing your Faith

- Online Bible Study (BSF, Bible Café, YouVersion Bible App)
- Spiritual Practice (prayer, meditation, fasting, forgiveness, reconciliation, giving, volunteering.)
- Being a part of a faith community (small groups, online Sunday schools, mid week gathering)
- Listening to sermons, hymns, testimonies, audio books
- Participating in online worship

Taking care of your community

- **Social Concern in the Bible – Caring for the Poor and Marginalized**

- **Social Concern in the Law**

Throughout God's law – which are his nature-revealing instructions for holy living – we see the care, provision and redemption of the poor and marginalized highlighted.

Exodus 22:21-23

Leviticus 23:22

Leviticus 25:39-43

Deuteronomy 15:7-11

- **Social Concern in Proverbs ; Social Concern in the Prophets ; Social Concern in the New Testament**

Taking care of your community

- The seniors
- Single parents
- Widowed
- Divorced or singles
- The sick
- The poor
- The travelers
- The new immigrants
- The front line workers

Getting Help

- Asking for help takes courage
- Asking for help takes practice
- What do I need ? (help with chores? Groceries? Financial help, companion?)
- Professional help – when to ask for professional help?

Getting Help – for Children

- Contact your pediatrician and ask what they can do to help
- Telehealth Ontario · Phone 1-866-797-0000
- <https://togetherall.com/> (formerly Big White Wall : online or 24/7 support
- [Children's Mental Health Ontario \(CMHO\)](#) COVID-19 page
- Kids Help Phone (now taking calls for kids and adults): [1-800-668-6868](tel:1-800-668-6868); text #686868; [live chat](#)
- [Good 2 Talk](#): 1-866-925-5454 (Ontario)
- [Youth Services Bureau](#): [613-260-2360](tel:613-260-2360) or [live chat](#)

Getting Help – for Adults

- Contact your family physician and ask what they can do to help
- Telehealth Ontario, call: 1-866-797-0000
- [Mental Health Crisis Line](#): available 24/7, call: 1-866-996-0991
- [Crisis Service Canada](#): 1-833-456-4566
- Crisis Text Line <https://www.crisistextline.ca>
- Gerstein Crisis Centre ; call: 416-929-5200 <https://gersteincentre.org>
- Warm Line (Progress Place) <http://www.warmline.ca>
- [First Nations and Inuit Hope for Wellness](#): 24/7 help line at [1-855-242-3310](tel:1-855-242-3310), or live chat
- [Talk4Healing For Indigenous Women](#): call or text 1-855-554-HEAL; [live chat](#)

Getting Help - for Seniors

- Contact your family physician and ask what they can do to help
- Non-emergency calls for Toronto Police 416-808-2222
- Contact a nurse at Telehealth Ontario by dialing 1-866-797-0000
- [Mental Health Crisis Line](https://www.mentalhealthcrisisline.ca/): available 24/7, call: 1-866-996-0991
- [Crisis Service Canada](https://www.crisisline.ca/): 1-833-456-4566
- Senior Helpline (Woodgreen) call: 416-217-2077 or 1-877-621-2077
<https://torontoseniorshelpline.ca>
- Service navigation-Toronto Central Healthline
<https://www.torontocentralhealthline.ca/>
- Community Psychogeriatric Outreach Teams/Specialized Outreach Services
<https://toronto.cmha.ca/help-for-seniors/>

Getting Help - for Healthcare Professionals

- Contact your family physician and ask what they can do to help
- Access your EAP (Employee Assistance Program)
- Ontario COVID-19 Mental Health Network <https://covid19therapists.com>
- Contact a nurse at Telehealth Ontario by dialing 1-866-797-0000
- [Mental Health Crisis Line](#): available 24/7, call: 1-866-996-0991
- [Crisis Service Canada](#): 1-833-456-4566
- CRPO (College of Registered Psychotherapist of Ontario) offer free psychotherapy for frontline workers
- CPA (Canadian Psychological Association) members offer free therapy to frontline workers

<https://cpa.ca/corona-virus/psychservices/#Ontario>

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