HEALTH FOR A CHANGE

Self-Care During a Pandemic

May 4, 2020

Foundation for a Healthy Kentucky’s MISSION

To address the unmet health needs of Kentuckians

Need More Acres Farm, Allen County
Foundation for a Healthy Kentucky’s MISSION

By…
- Developing and influencing policy
- Improving access to care
- Reducing health risks and disparities
- Promoting health equity

www.healthy-ky.org
www.healthy-ky.org/events/health-for-a-change

Self Care During a Pandemic: It’s More Than Deep Breathing, Essential Oils, and Chocolate
Learner Objectives

1. Participants will learn symptoms associated with stress.
2. Participants will learn strategies to combat stress associated with COVID-19.
3. Participants will learn strategies to become more resilient.
4. Participants will learn 3 key components for self-care.
5. Participants will learn how to create their own self-care plan.

Life Before COVID-19
Pandemic

A pandemic (from Greek πᾶν, pan, 'all' and δῆμος, demos, 'people') is an epidemic of disease that has spread across a large region, for instance multiple continents, or worldwide. A widespread endemic disease with a stable number of infected people is not a pandemic. Widespread endemic diseases with a stable number of infected people such as recurrences of seasonal flu are generally excluded as they occur simultaneously in large regions of the globe rather than being spread worldwide.
STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19

DON’ T TOUCH YOUR FACE!

HOW AM I SUPPOSED TO BITE MY FINGERNAILS?!
Outbreaks can be stressful

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use
Ways to cope with stress

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Please don't walk me again. Find something to watch on Netflix, read a book. But leave me alone.
Social Distancing (Physical Distancing) ≠ Social Isolation

Social Distancing

Please Walk Rainbow Apart!

#TogetherKentucky
Resilience: Never Give Up
Fall down seven times, get up eight
~ Japanese Proverb
Definition of resiliency

• an ability to recover from or adjust easily to adversity or change

10 WAYS TO BUILD PERSONAL RESILIENCE

- Making connections
- Self Discovery
- Accepting & managing change
- Keeping things in perspective
- Taking decisive actions
- Moving toward goals
- Nurturing self-esteem
- Maintaining hope and positivity
- Taking care of oneself
- Seeing crises as surmountable problems

Source: APA
What are the 3 key ingredients for self care?
Awareness

How you are feeling. What is your stress level?

Balance

Seek balance in all areas of your life: work, home, family, rest and leisure.
Connection

Build supportive relationships.

https://www.youtube.com/watch?v=YPkSN2xSZIE

Community Connections

https://www.youtube.com/watch?v=YPkSN2xSZIE
My Self-Care Plan

I will improve my physical health by:

This is me

I will improve my mental/emotional health by:

I will improve my spiritual health by:

I will improve my lifestyle by:

I will improve my social/people connections by:

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Self-Care Plan

Physical
- Healthy eating
- Enough sleep
- Exercise
- Hygiene
- Medication
- Hydration
- Physical therapy

Spiritual
- Prayer
- Meditation
- Spiritual activities
- Spiritual community

My self-care chart

Physical

Mental/Emotional
- Self-compassion
- Feeling your feelings
- Healing in therapy
- Grieving
- Positive affirmations
- Self-love
- Self-respect

Social/People
- Supportive family
- Friends
- Support groups
- Community
- Therapy/Group
- Spiritual community

Lifestyle
- Routine
- Relaxation
- Pleasure
- Work/life balance

www.couragecoaching.wordpress.com
Mindfulness: What is It?

https://www.youtube.com/watch?v=mjtfyuTTOFY

Resources

Calm

Breathe
Resources

CDC

COVID-19 Alert - For the latest information on the novel coronavirus in Kentucky, please visit kyovd19.ky.gov

During the COVID-19 State of Emergency, individuals who need special healthcare coverage should complete the Healthcare Coverage Application. This coverage is temporary and ends on June 30, 2020 unless you submit an

Resources

NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org
Any Questions

Contact
Joe.bargione@gmail.com
www.bouncelouisville.org

E-mail!
Self-care Training Evaluation Survey

✓ Link in your email today.
✓ Your feedback is important.

www.bouncelouisville.org

Thank you!
Foundation for a Healthy Kentucky

Investing in Communities. Informing Health Policy.

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