

Managing Mental Health in Times of Uncertainty and Change

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Mental Health Continuum Model

	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	<ul style="list-style-type: none"> • Normal mood fluctuations • Calm • Confident 	<ul style="list-style-type: none"> • Irritable • Impatient • Nervous • Sadness 	<ul style="list-style-type: none"> • Angry • Anxious • Pervasive sadness 	<ul style="list-style-type: none"> • Easily enraged • Excessive anxiety/panic • Depressed mood, numb
Changes in Thinking and Attitude	<ul style="list-style-type: none"> • Good sense of humor • Takes things in stride • Ability to concentrate and focus on tasks 	<ul style="list-style-type: none"> • Displaced sarcasm • Intrusive thoughts • Sometimes distracted or lost focus on tasks 	<ul style="list-style-type: none"> • Negative attitude • Recurrent intrusive thoughts/images • Constantly distracted or cannot focus on tasks 	<ul style="list-style-type: none"> • Noncompliant • Suicidal thoughts/intent • Inability to concentrate, loss of memory or cognitive abilities
Changes in Behaviour and Performance	<ul style="list-style-type: none"> • Physically and socially active • Performing well 	<ul style="list-style-type: none"> • Decreased social activity • Procrastination 	<ul style="list-style-type: none"> • Avoidance • Skipping class • Decreased performance, lower grades 	<ul style="list-style-type: none"> • Withdrawal • Dropping out of classes • Cannot perform assignments
Physical Changes	<ul style="list-style-type: none"> • Normal sleep patterns • Good appetite • Feeling energetic • Maintaining a stable weight • Good personal hygiene 	<ul style="list-style-type: none"> • Trouble sleeping • Changes in eating patterns • Some lack of energy • Some weight gain or loss • Less attention to hygiene 	<ul style="list-style-type: none"> • Restless sleep • Loss/increase of appetite • Some tiredness or fatigue • Fluctuations or changes in weight • Poor hygiene most of the time 	<ul style="list-style-type: none"> • Cannot fall/stay asleep • No appetite/over eating • Constant and prolonged fatigue or exhaustion • Extreme weight gain or loss • Consistently poor hygiene
Changes in SUBSTANCE USE	<ul style="list-style-type: none"> • Limited alcohol consumption, no binge drinking • Limited/no addictive behaviours • No trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent alcohol use, binge drinking • Some regular to addictive behaviours • Limited to some trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent alcohol use, including binge drinking • Struggle to control addictive behaviours • Increasing trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent binge drinking • Addiction • Significant trouble/impact (social, economic, legal, financial) due to substance use



Current Situation

- COVID-19 has caused unprecedented changes and losses happening quickly.
- Change includes job loss or structure, isolation, loss
- of social connections, home schooling, working from home
- This challenges people's ability to adapt and contributes to mental health problems



Current Situation

- End of March, 40% of Canadians reported being extremely worried about COVID-19, 75% reported feeling anxious, and 32% reported they had trouble falling asleep
- By early April, we can say an unprecedented wave of people are accessing online mental health supports

Distress/Adjustment related problems- needed to adapt and readjust expectations, habits and find new coping skills

Grief- Normal healthy human reaction to loss

Sadness- Normal healthy human emotion to loss or change



Stress – due to pressure we feel from time or quality expectations. Worse when uncontrollable and unpredictable

Anxiety- Fear and worries that are founded or unfounded

Depression- feelings of hopelessness and helplessness. Affects whole being

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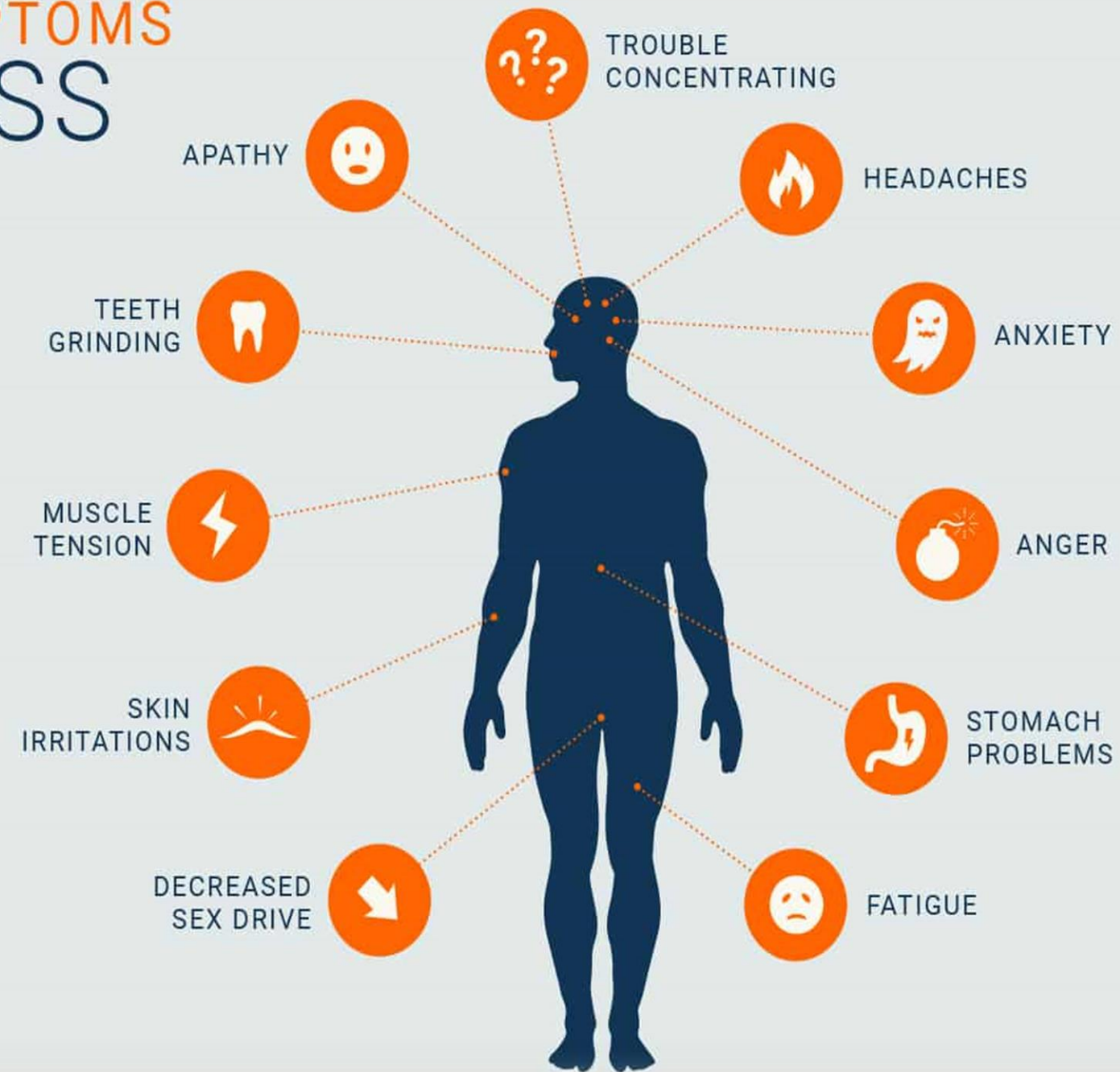
COVID-19: THE NEW NOW AND FUTURE

- Uncontrollable
- Unpredictable
- Pressure
- Fears and worries
- Loss and grief
- Adjustment related problems

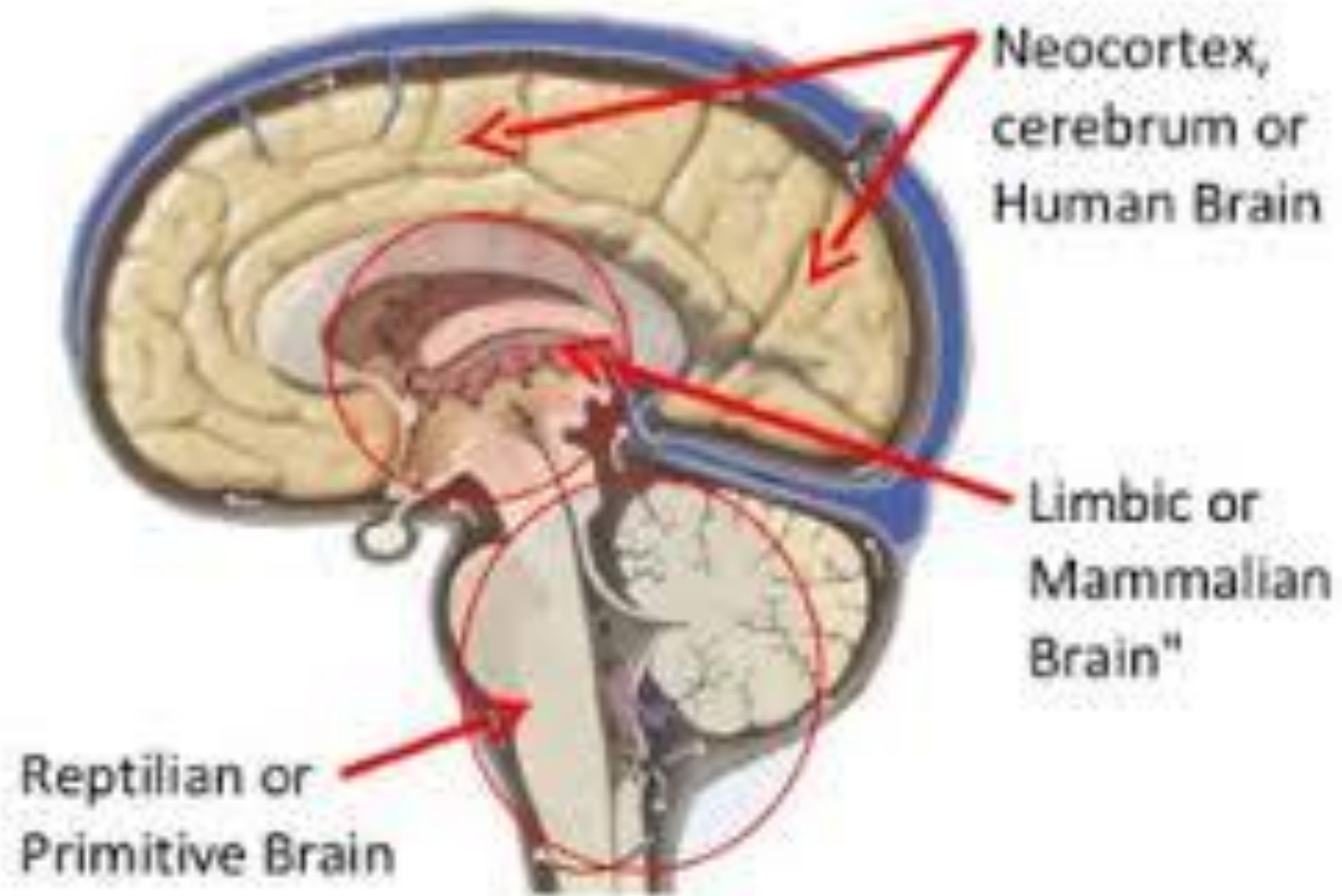
Common Symptoms

Recognizing

THE SYMPTOMS of STRESS



Your Three Brains



GRIEF VS. DEPRESSION



- Grief is intense/varied sadness when we think of or are reminded of our loss.
- Depression is hopelessness and helplessness in all situations. Cognitive, physical, emotional and social decline.

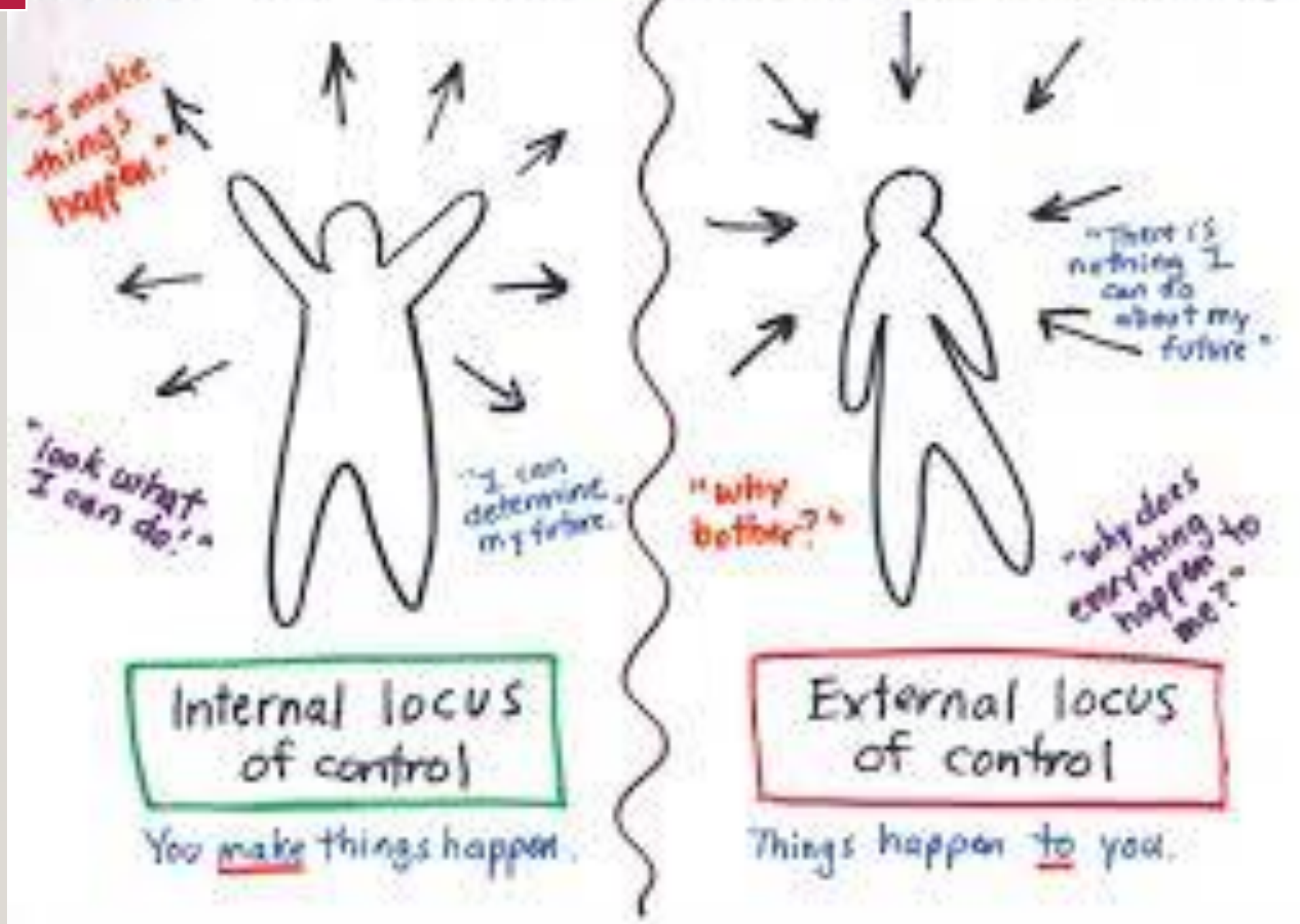
EVERYONE HAS A DIFFERENT THRESHOLD

COPING SKILLS,
PROBLEM SOLVING
SKILLS,
LOCUS OF CONTROL,
FLEXIBILITY,
EMOTIONAL
INTELLIGENCE

Internal

WHICH IS YOUR — LOCUS OF CONTROL?

External



Coping Strategies

Personalized for you

Holistic Approach

Record Progress



BE NIMBLE

Crisis brings surprises, errors, the need for extra time, re-direction, options and reduced pressure.

BALANCING PREDICTABILITY WITH FLEXIBILITY

- Predict various outcomes and plan accordingly.
- Allow several to be 'unknown'
- Not too far into future!
- Can control effort not outcome, especially in times of crisis
- Plan 'alternatives'



Organization

Gives control and
predictability



Separate brain storming list of goals

First Priority

- Family
- Work
- Self-care



Second Priority

- Checking in on family and friends
- Cleaning
- Home school

Organize Space



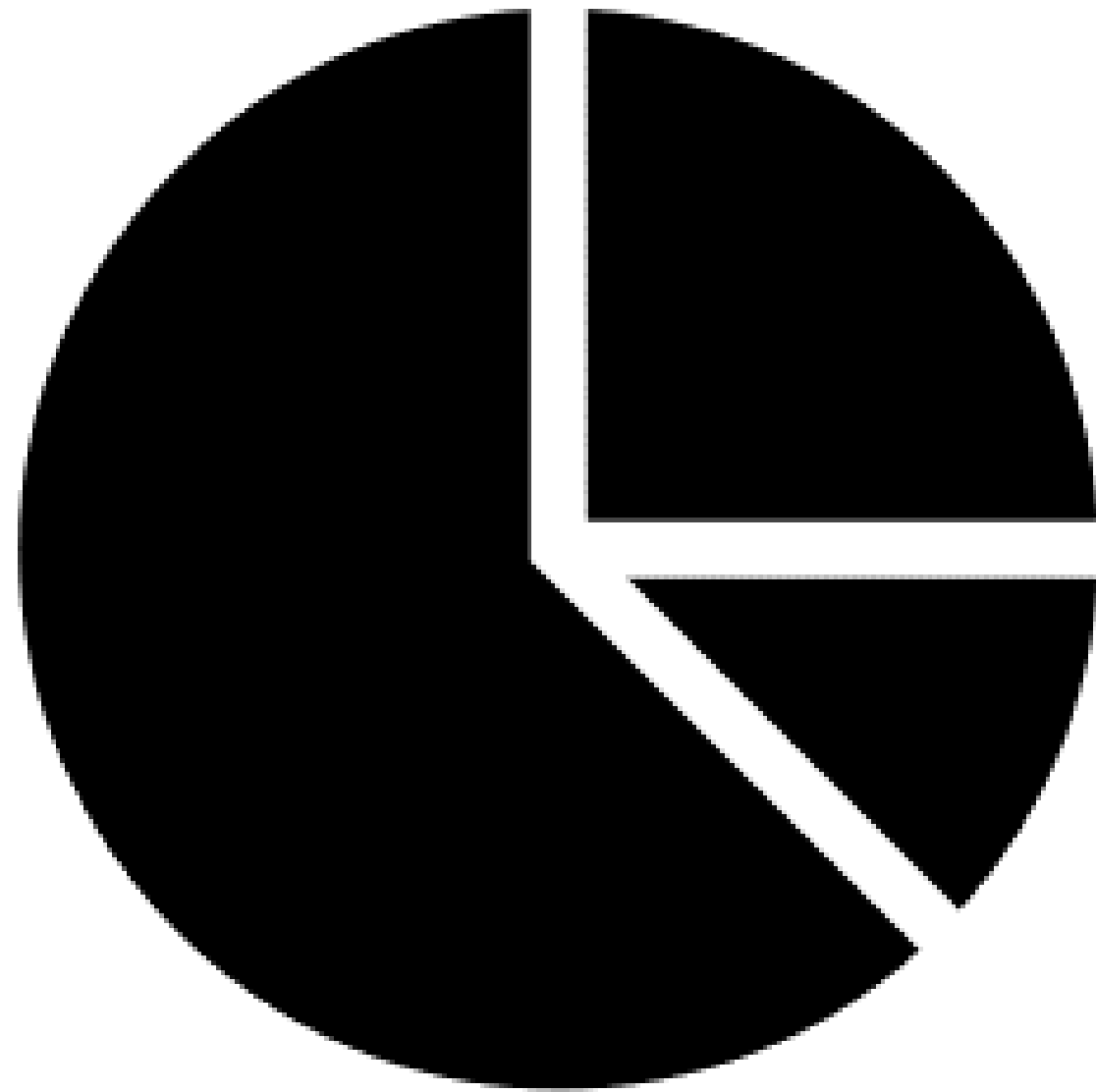
Remove clutter from living
space



Organize spaces- work, health,
sleep, home schooling



Collect and lay out items you
need



Organize Time

- When will I complete tasks?
- What are my back up plans ? (predict hiccups in times of crisis)
- Be flexible with time: instead of time slots have time frames)
- What times are quiet, busy, demanding, and impossible?

Recognise small accomplishments each day (CBT strategy)

- What went well?
- What did I complete or start?
- One 'balance' moment?
- One thing I learned I am capable of?



Control Negative Thinking



Catastrophic, black or white, predicting

Identify pattern of negative thinking

Is it realistic or guaranteed? Fact check

Replace with healthy thoughts

COGNITIVELY ADJUST EXPECTATIONS AND GOALS

NORMALLY I CAN ...

SUPPORTING EMPLOYEES

- Check in
- Discuss best ways to be successful; sooner than later
- Validate their concerns and fears before trying to fix
- Set time frames for communication
- Problem solving (alternatives, barriers)

Emotional
intelligence:
Knowing
when to take
a break and
walk Away





EXERCISE
SLEEP HYGIENE
DIET
BREATHE
NATURE
SOCIAL CONNECTIONS