BECOMING A WELLNESS WARRIOR: TIPS TO PREPARE MENTALLY & STAY HEALTHY DURING A CRISIS

EXPERIENCE ROCHESTER

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An Important Time to be Together
No disclosures.
No medical advice.
Not a research presentation.
Why a Wellness Warrior?
Feeling uncertain?

We have a 6 phase plan to reopen the state. The plan will be a phased plan that we will plan to utilize in phases. The phases will be planned and the planning will be phased. We will move quickly and slowly to open but remain closed. I have created a staff of staffers who will plan the phase and planning while phasing their phases.

And that is our reopening plan.
Box, Square, 4x4 Breathing

[Image: Diagram of Box, Square, 4x4 Breathing Exercise]

Link to Breathing Exercise

https://twishort.com/nxrnc
What if we just called it Health?

Physical Health vs Mental Health

Healthy body + Healthy mind = happy human!

https://therebelworkout.com/blog/2016/03/25/physical-health-vs-mental-health
Feed Your Face

- High-quality food
- Healthy snacks
- Adequate water
- Limited
  - Processed food
  - Sugar, fat, salt
  - Alcohol, caffeine
  - Late night intake

https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626
https://www.nature.com/articles/s41538-017-0008-y
https://www.hawaiipacifichealth.org/healthier-hawaii/live-healthy/drink-up-the-importance-of-hydration/
Feed Your Soul

• Find your way
  • Music, art, literature
  • Nature
  • Social/spiritual connection
  • Gratitude
  • Generosity
  • Humor
Be Active

• Cardio
• Stretch
• Strengthen
  • Core
  • Balance

• Reasonable goals
• Enjoy!

https://anxietydepressionandme349407339.wordpress.com/2018/06/14/strong-body-strong-mind-eventually/
https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495
Be Open

• Lead with your heart

Sun Breath

• Sit in chair with feet planted on the floor directly under your knees, arms down by your sides.
• Press sitting bones into the seat as you lengthen up through your spine.
• Turn palms upward and take a slow inhale as you circle your arms out to the sides and overhead, connecting your palms.
• On exhale, slowly lower your connected palms behind your neck while lifting your elbows toward the ceiling.
• On an inhale, bring palms back up over your head.
• As you exhale, separate your palms and turn them downward as you slowly lower your arms back to your sides.
• Try to smile throughout.

Recharge

• Restful sleep
  • Bedtime routine
  • Limit screens/naps/substances
  • Dark, cool room
  • Don’t wait for sleep
  • Relaxation techniques
  • Necessity, not luxury

https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health
https://www.sleepfoundation.org/articles/healthy-sleep-tips
Recover

• Take a break from...
  • Work
  • News
  • Social media
  • Expectations
  • Difficult relationships
  • Isolation/company
  • Self-criticism

*Strive for balance.*

Bella Grace, age 14
Practice Mindfulness

• Connect to your body & your breath
• Reduce distraction to be present & calm
• Notice/accept your physical & emotional state
• Incorporate it in daily activities
• Try grounding for anxiety

- Look **around** you.
- Find **five things** you can **see**, **four things** you can **touch**, **three things** you can **hear**, **two things** you can **smell**, and **one thing** you can **taste**.

https://www.psychologytoday.com/us/blog/conquer-fear-flying/201908/anxious-justin-bieber-wants-you-try-the-5-4-3-2-1
Embrace Your Emotions

• Expand your emotional vocabulary
  • When you can name it, you can tame it
• Talk about your feelings
• Journal
• Allow all feelings
• Recognize that you can feel more than one way at a time (& that’s okay)

https://youtu.be/utkMJUXJCng
Cultivate Compassion

http://goodwolfpeople.co.uk/a-story-of-two-wolves
https://weheartit.com/articles/308701074-the-story-of-two-wolves
Choose Perspective

Practice Positive Self-Talk 10 X morning & night

I am strong.

I am calm.

I can do hard things.

Safe at home. This will not last forever. We are getting through this. Apart not alone.
Grow in Gratitude

• Reframe challenges as opportunities
• Start each day with an intention
• End each day with a reflection

Just before you go to bed, sit down for a while and look back at your day. Then think of 3 things that went well for you during the day. Write them down. Reflect upon each of them. Consider your role in what happened 😊.

*Try this every day for a week to start. Do it with the children, too.*

https://happyproject.in/three-good-things/
Gratitude
Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

#NYHopeHunt
Virtual Vigor

• Use a 50-minute model
• Walk to meetings
• Encourage wellness
• Infuse humor/joy
• Turn off your camera
• Find a space & schedule that works
• Differentiate social meetings

• Remember your purpose & priorities
Keep Going

- Set SMART goals consistent with your values
- Start small, collect data, plan ahead
- Make swaps, add on to habits, find a routine
- Use joy as a reward, a slip is not a slide
- Be kind, keep going, Meliora is our motto!

https://unsplash.com/s/photos/natural
https://www.teensmartgoals.com/goal-setting-for-teens
Susan says...
(these work for others, try them if you wish)

- Combine ‘binge watching’ with exercise/tasks
- Read young adult literature
- Listen to books and music
- Laugh, talk, dance, walk (w/ dogs if you have them)
- Give back (forward & sideways)
- Drink a big glass of water right when you get up
- If you’re not sure what to do, do what you want
- If you can’t do all of it, do some of it
- Don’t skip your routine more than 2 days in a row
- Try the easy changes/swaps first
- “Follow” what fuels you (e.g. @haleydrewthis on Instagram, SGN)
- Try an alphabet naming game when you can’t sleep
- Seek help
- Stay open, empathic, and hopeful

Photo by Mayur Gala on Unsplash
Helpful Resources

• Care for Your Coronavirus Anxiety: A Project by Shine https://www.virusanxiety.com/
• Center for Nutritional Psychology https://www.nutritional-psychology.org/cnp-resource-library/
• COVID-19 Mental Health Resource Hub https://psychhub.com/covid-19/
• Food & Mood Centre https://foodandmoodcentre.com.au/resources/
• How to fight loneliness during coronavirus social distancing https://mashable.com/article/coronavirus-social-distancing-loneliness/
• Mayo Clinic https://www.sleepfoundation.org/
• Mental Health America https://mhanational.org/
• Mindful.org https://www.mindful.org/
• National Parent Helpline https://www.nationalparenthelpline.org/
• New York State Office of Mental Health https://omh.ny.gov/omhweb/covid-19-resources.html
• Online learning resources http://humanmedicine.msu.edu/News/2020/online-learning-resources.htm
• SAMHSA National Helpline https://www.samhsa.gov/find-help/national-helpline (800) 662-HELP
• Six Seconds: The Emotional Intelligence https://www.6seconds.org/2020/03/31/how-to-cope-with-uncertainty-practicing-emotional-intelligence-during-coronavirus/
• Sleep Foundation https://www.sleepfoundation.org/
• UR Employee/Family Support Line (585)-276-3100
TAKE A CHECKUP FROM THE NECK UP

FREE. PRIVATE. ANONYMOUS.

MHASCREENING.ORG

HELP US REACH OUR GOAL OF A #MILLIONINMAY.
Thank you! Well wishes.