

SELF CARE AND STAYING CONNECTED AMID COVID-19

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WHO ARE WE

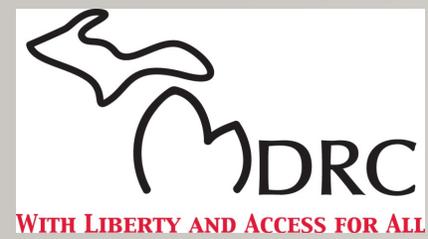


Nancy Miller

Michigan Disability Rights Coalition

MDRC's Mission

MDRC cultivates disability pride and strengthens the disability movement by recognizing disability as a natural and beautiful part of human diversity while collaborating to dismantle all forms of oppression.



OVERVIEW

- Definition of Self-Care
- Self-Care during the Coronavirus pandemic
- Self-Care for PWD (people with disabilities)
- Tips and tools for staying connected
- Ways to get involved with MDRC & the LDO program
- Resources
- Closure

SELF-CARE

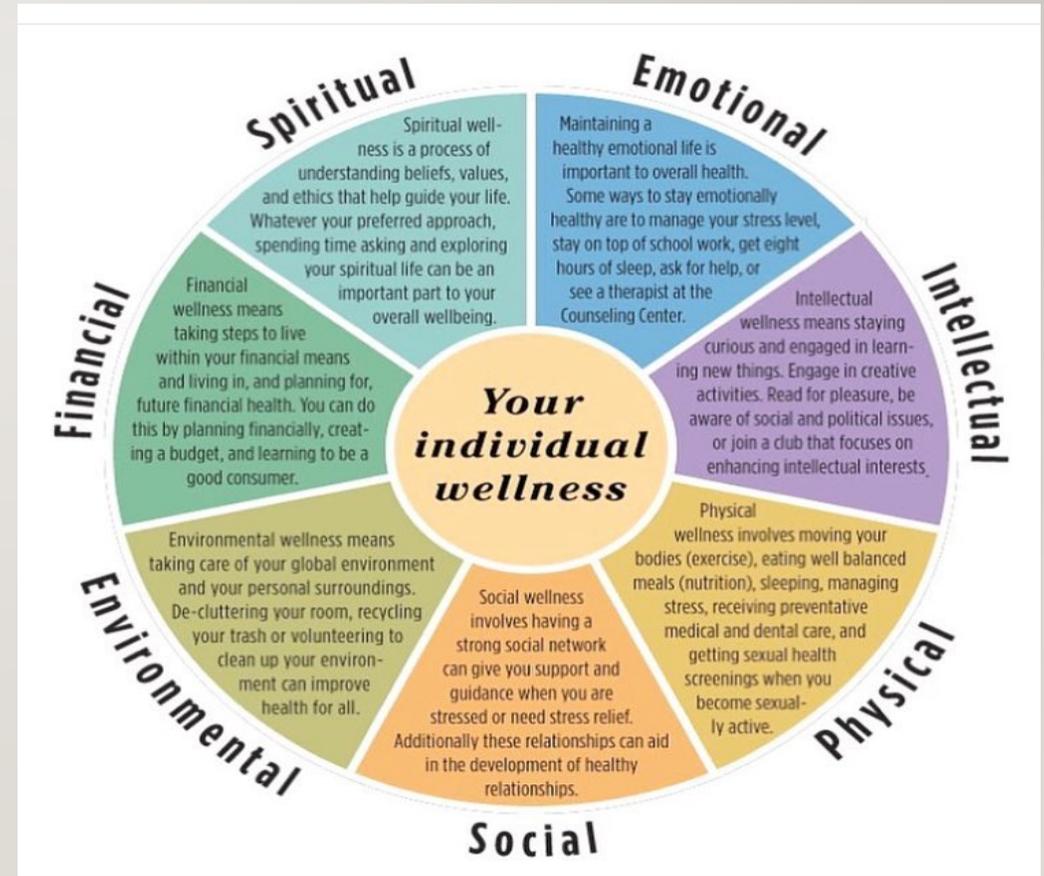


- Self-Care: care for oneself (Merriam-Webster, 2020)
- Self-Care is any activity that we do deliberately in order to take care of our health (Michael, R. 2018)
- The actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness (Self Care Forum, 2020)
- The scope of self-care includes health promotion; disease prevention and control; self-medication; providing care to dependent persons; seeking hospital/specialist care if necessary; and rehabilitation including palliative care. A broad concept which encompasses hygiene, nutrition, lifestyle, environmental factors, socioeconomic factors and self medication (World Health Organization)
- Practicing skills on your own (Levin, M. , 2020)

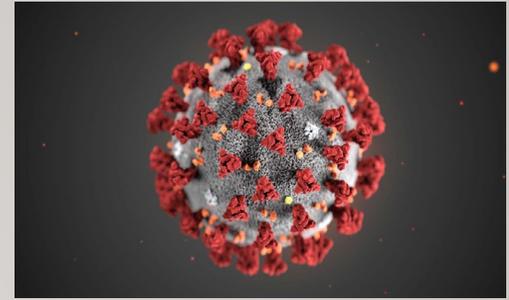
SELF-CARE

Physical, Intellectual, Emotional, Social, Professional, Environment, Spiritual, Financial

- Each domain or facet of self-care is vast and varies per individual
- Contextual and varies across the life-span
- Influenced by external and internal factors



SELF-CARE AMID THE CORONAVIRUS PANDEMIC



- **What is Coronavirus (COVID-19)?**
- The Centers for Disease Control and Prevention (CDC) have described the coronavirus, or COVID-19, as an outbreak of respiratory disease caused by a novel (new) coronavirus that has now been detected in more than 100 locations internationally, including in the United States.
- On March 10th, 2020, Governor Gretchen Whitmer declared a state of emergency in Michigan in response to the 2019 Novel Coronavirus Disease (COVID-19).
- A stay home order was issued on March 23rd and went into effect on March 24th to slow the spread of the Coronavirus.

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

SELF-CARE AMID THE CORONAVIRUS PANDEMIC

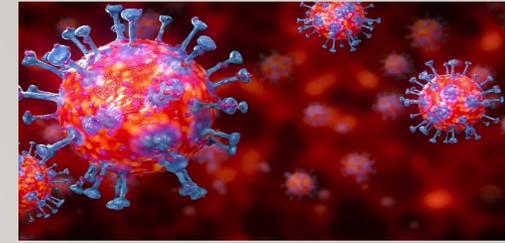
- Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.
- A public health concern like COVID-19 can stir up feelings of uncertainty, and with information changing daily, it can become difficult to maintain a self-care routine. It is important to take some time to reflect on what helps you feel your best and prioritize those practices each day to help you stay well.

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

<https://www.chs.udel.edu/wellbeing-and-self-care-amid-covid-19/>



SELF-CARE AMID THE CORONAVIRUS PANDEMIC



- Outbreaks can be stressful
- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**
- 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](#)

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

SELF-CARE PWD



- **Why Self-Care for PWD?**

- PWD experience the following at disproportionate and higher rates than non-disabled population;
- Oppression
- Discrimination
- Stigma
- Microaggressions
- Abuse

SELF CARE PWD



- People at higher risk for severe illness, such as older adults, and people with underlying health conditions are also at increased risk of stress due to COVID-19. Special considerations include:
- Older adults and people with disabilities are at increased risk for having mental health concerns, such as depression.
- Mental health problems can present as physical complaints (such as headaches or stomachaches) or cognitive problems (such as having trouble concentrating).
- Doctors may be more likely to miss mental health concerns among
 - People with disabilities due to a focus on treating underlying health conditions, compared to people without disabilities.
 - Older adults because depression can be mistaken for a normal part of aging.

SELF-CARE PWD

- Take care of yourself and your community
- Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

What communities can do

- Community preparedness planning for COVID-19 should include older adults and people with disabilities, and the organizations that support them in their communities, to ensure their needs are taken into consideration.
- Many of these individuals live in the community, and many depend on services and supports provided in their homes or in the community to maintain their health and independence.
- **Long-term care facilities should be vigilant** to prevent the introduction and spread of COVID-19. [See guidance for long-term care facilities and nursing homes.](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

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TIPS & TOOLS FOR PRACTICING SELF-CARE

Look out for these common signs of distress:

Feelings of numbness, disbelief, anxiety or fear.

Changes in appetite, energy, and activity levels.

Difficulty concentrating.

Difficulty sleeping or nightmares and upsetting thoughts and images.

Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.

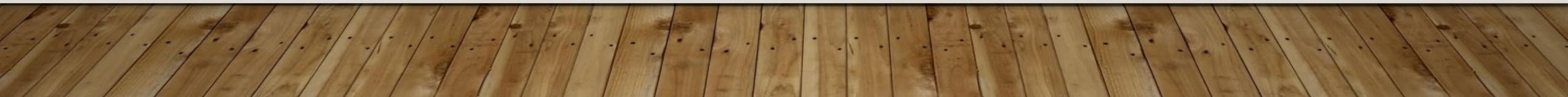
Worsening of chronic health problems.

Anger or short-temper.

Increased use of alcohol, tobacco, or other drugs.

* If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them, [seek professional help](#) .

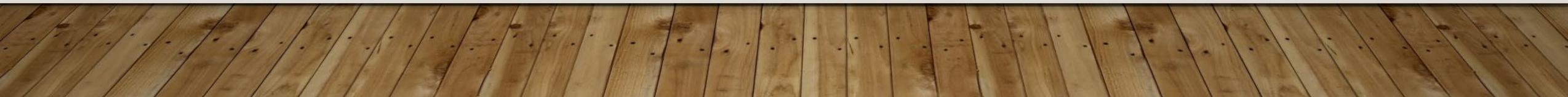
<https://emergency.cdc.gov/coping/selfcare.asp>



TIPS & TOOLS FOR PRACTICING SELF-CARE

- **Coping Tips**
- People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.
- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.
- The national [Disaster Distress Helpline](https://www.dhs.gov/disaster-distress-helpline) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](https://www.suicideline.org) or your [local crisis line](#).
- For coping tools and resources, visit the Lifeline website at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](https://www.vibrant.org/safespace).
- [The National Domestic Violence Hotline](https://www.thehotline.org) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>



TIPS & TOOLS FOR PRACTICING SELF-CARE

The California DD Council created a video series featuring self-advocates sharing COVID-19 safety tips:

https://www.youtube.com/watch?v=pUZgWtRqN_U&list=PLXxVZwol8CDsH9Aa6RXSOCWYkft3tYIF7&index=2&t=40s



TIPS & TOOLS FOR PRACTICING SELF-CARE

Self-Care for Trauma Survivors During COVID-19

- Eat, sleep and stay hydrated
- Maintain a schedule
- Connect with others
- Reconnect with hobbies
- Limit social media and the news

*Visit the National Resource Center for Reaching Victims website's new [COVID-19 Resource Section](#) for more information.

<http://reachingvictims.org/wp-content/uploads/2020/04/Helping-Survivors-of-Violence-Infographic-4.png>

RECOMMENDATIONS FOR SELF-CARE

Working with Survivors During COVID-19

HELP LIMIT THE EFFECTS OF CRISIS ON TRAUMA SURVIVORS



APPLE

EAT, SLEEP AND STAY HYDRATED

Fear and anxiety can interrupt basic routines. Being intentional about healthy daily habits makes us more resilient to the effects of a crisis.

MAINTAIN A SCHEDULE

Try to keep a routine: get up at the same time each day, make your bed, take a shower, eat breakfast. Regular activities build on themselves and help you get through the day.



ALARM CLOCK



OLD FASHION TELEPHONE

CONNECT WITH OTHERS

Social distancing can create isolation. Reach out to friends. Set up regular contact whether it be through text, phone or video conference.

RECONNECT WITH HOBBIES

Read the books you haven't had time for. Color. Play cards or musical instruments. Fight the urge to be too ambitious; choose mindful activities that center you.



GUITAR



PERSON READING NEWSPAPER

LIMIT SOCIAL MEDIA AND NEWS

Limit how much you see and focus on the coronavirus. Be deliberate about how often you check social media and how much news you consume.

The National RESOURCE CENTER for REACHING VICTIMS
Helping those who help others



TIPS & TOOLS FOR PRACTICING SELF-CARE DURING COVID-19 SOCIAL WORKERS & HELPING PROFESSIONALS

As social workers, we understand the ongoing need to take care of ourselves and each other as we approach our work. This may include:

[Making time for self-reflection.](#)

Staying actively connected with our friends, family, colleagues and support systems.

Creating more opportunities for discussion and support among ourselves.

Finding ways to stay engaged in social action and social justice work.

[Avoiding burnout and overwork.](#)

Making time for rest and relaxation, which are essential for mental and physical health.

Free Self-Care Activities

Below are just a few examples of free activities that can bring some beauty and joy into your day as part of your self-care practice.

[Yoga Practice](#)

[Fitness Workouts](#)

[Insight Timer meditation app](#)

[Stay Home, Take Care](#)

[Quarantine Chat](#)

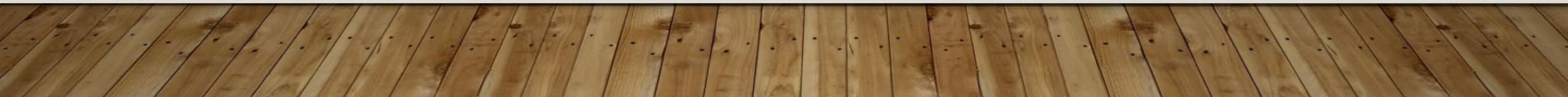
[NPR Tiny Desk concert series](#)

[Monterey Bay Aquarium Live Cam](#)

[Nightly Livestreams from the Metropolitan](#)

[Opera](#)

<https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic>



RESOURCES



- Take care of your mental health
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **People with preexisting mental health conditions** should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration [\(SAMHSA\) Disaster Preparedness external icon](#) page.
- **Related:** [Taking Care of Your Emotional Health](#)
- [SAMHSA's Disaster Distress Helpline](#)
- [SAMHSA Disaster Mobile App](#)

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RESOURCES CONTINUED

- Need help? Know someone who does?
- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others
- Call 911
- Visit the [Disaster Distress Helplineexternal icon](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotlineexternal icon](#) or call 1-800-799-7233 and TTY 1-800-787-3224
- Local community mental health
- Friends—ask for recommendations for therapists in your area
- Suicide prevention lifeline 800-273-8255

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

RESOURCES CONTINUED



- **Reliable sources of information about COVID-19:**
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- **Other Helpful Resources to Support Your Mental and Emotional Wellbeing:**
- CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
- ThriveNYC's "[Mental Health Support New Yorkers Can Access While Staying Home](#)" page lists free mental health services for New Yorkers, regardless of insurance coverage or immigration status.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

RESOURCES CONTINUED

COVID-19:

Resources for
Health &
Wellness



- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.
- Through stories of hope and recovery, [Strength After](#) highlights the resilience of individuals and communities while providing a resource for other survivors and responders that may be trying to cope and move forward themselves.
- If you feel you or someone you know may need emotional support, please visit the Lifeline's website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).
- Action Alliance's [COVID-19 Messaging Guidance](#) page provides guidance for messengers speaking about mental health and COVID-19, as well as resources for specific groups.
- The Suicide Prevention Resource Center (SPRC) has compiled a [selection of web pages and information sheets](#) on mental health and coping with the effects of COVID-19.
- The Dulwich Centre has [compiled stories to support the community](#) amid the COVID-19 crisis, from mental health service users, survivors and former patients.
- The Action Alliance is mobilizing diverse sectors to collectively lead a coordinated mental health and suicide prevention response effort during and in the aftermath of COVID-19. Learn more [here](#).

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

WAYS TO GET INVOLVED MDRC

- Visit our website: <https://www.copower.org/>
- Check out our Facebook: <https://www.facebook.com/mymdrc/>
- Check out our Instagram:
https://www.instagram.com/mdrc_disability_pride/?fbclid=IwAR3Nhei2XgO9tTo473-TGzLUmepLyFekKUatwVkgB-zzeYvDGDzy2s28Kko
- MDRC LDO WordPress Site: <https://mdrcldo.org/>
- Request Disability History, Culture, and Pride Zoom Trainings



CLOSURE

- Questions
- Concerns
- Comments



HOW TO CONTACT US

- Nancy Miller, LMSW nancy@mymdrc.org
- Michigan Disability Rights Coalition, <https://www.copower.org/>