YOUR EMOTIONAL WELL-BEING IN A COVID-19 ENVIRONMENT

Friday, April 17, 2020

PROGRAM BEGINS @ 2PM

Driving growth to every corner of Philadelphia
YOUR EMOTIONAL WELL-BEING IN A COVID-19 ENVIRONMENT

WELCOME

SAM RHOADS
Executive Vice President & Senior Vice President, Financial Services Group

PIDC

Driving growth to every corner of Philadelphia
YOUR EMOTIONAL WELL-BEING IN A COVID-19 ENVIRONMENT

AGENDA

1. Managing Your Emotional Health
   SCATTERGOOD
   THINK|DO|SUPPORT

2. Stress & Connection
   On the Goga

Driving growth to every corner of Philadelphia
MANAGING YOUR EMOTIONAL HEALTH

SAMANTHA MATLIN, PHD.
Vice President, Learning & Community Impact,

SCATTERGOOD
THINK|DO|SUPPORT

Driving growth to every corner of Philadelphia
MANAGING YOUR EMOTIONAL HEALTH

ALYSON FERGUSON, MPH
Chief Operating Officer & Director of Grantmaking

SCATTERGOOD
THINK|DO|SUPPORT

Driving growth to every corner of Philadelphia
Managing Your Emotional Health

4/17/20

Samantha Matlin, PhD
Alyson Ferguson, MPH
Joe Pyle, MA
OUR MISSION AND VISION

Mission
A Quaker-based, philanthropic organization committed to transforming how mental health is viewed and advancing innovative approaches to behavioral health care delivery and policymaking.

Vision
The Foundation’s vision is to challenge, disrupt, and change how behavioral healthcare is envisioned, organized, and practiced in the Philadelphia region and beyond.
Stress and coping

• Everyone reacts differently to stress
• Some people may have stronger reactions than others
Stress 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
- Increased use of alcohol, tobacco, or other drugs

CDC, 2020
Stress Continuum

- POSITIVE STRESS
- TOLERABLE STRESS
- TOXIC STRESS
Cognitive Behavioral Therapy
7 findings that can help people deal with COVID-19

- Limit social media – it may escalate anxiety more than traditional media
- Limit media – it kind can undermine mental health
- Trustworthy information sinks in
- A lack of control fuels stress
- Manage stress ASAP - it can prevent long-term troubles
- Don't forget the needs of health-care workers
- Don’t socially isolate - it may increase the odds of negative outcomes

APA, 2020
Things you can do to support yourself

- **Take breaks** from watching, reading, or listening to news stories, including social media.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and 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.
• Separate what is in your control from what is not.
• Do what helps you feel a sense of safety.
• Get outside in nature.
• Challenge yourself to stay in the present.
• Stay connected and reach out if you need more support.
Managing Financial Stress

- Accept the current state of affairs
- Know your emotional triggers
- Prioritize mental health care
- Don't take unnecessary risks
- Lean on your community
For Parents

Parents can be more reassuring to others around them, especially children, if they are better prepared.

**Some common changes to watch for include:**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs
There are many things you can do to support your child

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.</td>
</tr>
<tr>
<td>2</td>
<td>Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.</td>
</tr>
<tr>
<td>3</td>
<td>Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.</td>
</tr>
<tr>
<td>4</td>
<td>Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.</td>
</tr>
<tr>
<td>5</td>
<td>Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.</td>
</tr>
</tbody>
</table>
Additional Resources

• Crisis Text Line https://www.crisistextline.org/
• Mental health and psychosocial considerations during the COVID-19 outbreak (WHO)
• Contact the Disaster Distress Helpline - Call 1-800-985-5990
• Contact the National Domestic Violence Hotline - Call 1-800-799-7233 and TTY 1-800-787-3224
Resources Shared in Webinar Chat

Cognitive Behavioral Therapy
- Beating the Blues
  http://www.beatingthebluesus.com
- Talk Space
  https://www.talkspace.com

Children of All Ages
- Stress Health from Center from Youth Wellness
  https://www.stresshealth.org

Teen Children
- Mind Right
  https://www.mindright.io

College Aged Adults
- Active Minds
  https://www.activeminds.org/about-mental-health/be-there/coronavirus/

Older Adults
- Institute on Aging
  https://www.ioaging.org/services/all-inclusive-health-care/friendship-line
Stress & Connection

ANNA GREENWALD
Founder, CEO

On the Goga

Driving growth to every corner of Philadelphia
STRESS & Connection

The Power of Leading Teams Through Challenge with Empathy and Community
STRESS IS A MAGNIFYING GLASS.

01 It Magnifies our Strengths
What great acts of courage, compassion, kindness, leadership, and community have you taken part in or witnessed during this time?

02 It Magnifies our Weaknesses
What weaknesses do you see magnified right now for individuals, leaders, teams, or organizations?
Our Response-Ability
As Leaders

UNDERSTANDING | EMPATHY | COURAGE | LISTENING | COMMUNITY
THE FEELING OF NOT ENOUGH

How many people have felt this way as a leader?

How many people have felt this way in other areas of life?
STRESS IS DIFFERENT FOR EVERYONE

Not everyone has the same stressors. As leaders, it takes a practice of empathy to understand what stressors your team is facing.
Leadership Tools | Empathy

STRESS IS DIFFERENT FOR EVERYONE

Not everyone has the same stressors. As leaders, it takes a practice of empathy to understand what stressors your team is facing.

Responses to stress are different based on the type of stress and our personalities. Understanding how stress impacts and is impacted by team dynamics is crucial.
STRESS IS DIFFERENT FOR EVERYONE

Not everyone has the same stressors. As leaders, it takes a practice of empathy to understand what stressors your team is facing.

Responses to stress are different based on the type of stress and our personalities. Understanding how stress impacts and is impacted by team dynamics is crucial.

Empathy is always difficult, it’s even more difficult now. It takes extra effort to understand and address the stressors of your team.
Calling out challenge is crucial

Stress thrives in isolation
Leadership Tools | Listening

CREATE SPACES FOR LISTENING

We have the ability to support our teams through creating spaces dedicated to empathy and connection.
LEADERSHIP TOOLS | CONNECTION

HARNESS THE POWER OF COMMUNITY
FREE RESOURCE

Free Leadership Tools:
http://www.onthegoga.com/pidcclients

Questions?
info@onthegoga.com
Contacts

SCATTERGOOD FOUNDATION
Samantha Matlin, PhD
smatlin@scattergoodfoundation.org

Alyson Ferguson, MPH
ifferential@scattergoodfoundation.org
https://www.scattergoodfoundation.org/

ON THE GOGA
Anna Greenwald
anna@onethegoga.com
https://www.onethegoga.com/
267-277-3063

Driving growth to every corner of Philadelphia