

# COVID19: Supporting Ourselves and our Students

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# Goals for Training

1. Self care, create a sense of shared community
2. Common responses, when is stress distress
3. What to do
4. Resources

# Mountain Meditation



# Compassion\*

- Always important for us to have compassion -  
Even more now!
  - Compassion for ourselves and others!
  - Compassion exercises
- \* sympathetic consciousness of others' (as well as our own) distress  
along with a desire to alleviate it

# CAPS Video

- [https://youtu.be/ 13Au6l4s40](https://youtu.be/13Au6l4s40)

# Know the Facts

- **UC Berkeley Website:**

<https://news.berkeley.edu/coronavirus/>

- **University Health Service Website:**

<https://uhs.berkeley.edu/coronavirus-covid-19-information>

- **UHS Coronavirus Mental Health Resources:**

<https://uhs.berkeley.edu/coronavirus/mental-health-resources>

- **UHS Employee Assistance Resources:**

<https://uhs.berkeley.edu/coronavirus/faculty-staff-resources>

# Self Care-Reflections

- Your stress reactions
- Response challenges
- Social support plan
- Positive coping plan
- Resilience factors

# Response to COVID-19

## Common Reactions

### Cognitive

- Confusion
- Disorientation
- Difficulty w/decisions
- Decreased concentration
- Intrusive thoughts
- Memory disturbance
- *Possible positive reactions: determination, sharper perceptions, courage and faith*

### Physical

- Sweating, rapid breathing
- Dizziness
- Headaches
- Fatigue, Muscle tension
- Gastrointestinal distress, appetite changes
- Sleep disturbance
- *Possible positive reactions: alertness and increased energy*



# Response to COVID-19

## Common Reactions- continued

### Emotional

- Shock/numbness
- Anger
- disbelief
- Fear/anxiety
- guilt
- Irritability
- Grief
- Helplessness
- *Possible positive reactions: feel involved, challenged and mobilized*

### Psychosocial/Beh

- Social withdrawal
- alienation
- Relationships strained
- Interpersonal conflict
- Substance use
- Vocational impairment
- *Possible positive reactions: Social Connectedness and altruism*

# When is Stress Distress: And When is Distress Concerning

- Nature, Duration & Intensity
- Substance abuse
- Danger to self and other
- Gravely disabled

# CDC recommendations

- Stay informed but take breaks from news
- Take care of your body
- Take time to unwind
- Connect to others
- Seek help when needed

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

# SAMHSA

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

# American Foundation for Suicide Prevention recommendations

- Separate what is in control for what is not
- Do what helps you feel a sense of safety
- Get outside in nature-even if avoiding crowds
- Challenge yourself to stay in the present
- Stay connected and reach out if you need more support

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

# LEAPS

- Listen
- Empathize
- Ask questions
- Paraphrase
- Summarize

# Support for Students

- All initial visits with counselors will be by phone. Please call (510) 642-9494 to speak with a counselor if you are needing help and do not already have an appointment.
- Students who have follow-up appointments scheduled should check secure messages for updates from their assigned counselor.
- Drop-in urgent counseling has been suspended. Students with urgent concerns should call 510-642-9494 to speak with a counselor as a first step.
- CAPS hours are currently 10am-4pm Mon- Friday
- Many of our [satellite offices](#) are closed due to building closures. Please check your specific location. All Let's Talk drop-in at satellite locations has been suspended until further notice.
- For after-hours support, please call the 24/7 line at (855) 817-5667

# Break Out Group Discussion

- Share ways you are taking care of yourself
- Share ways you are helping your students
- Share ways to maintain community