

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

EXPERIENCE ROCHESTER

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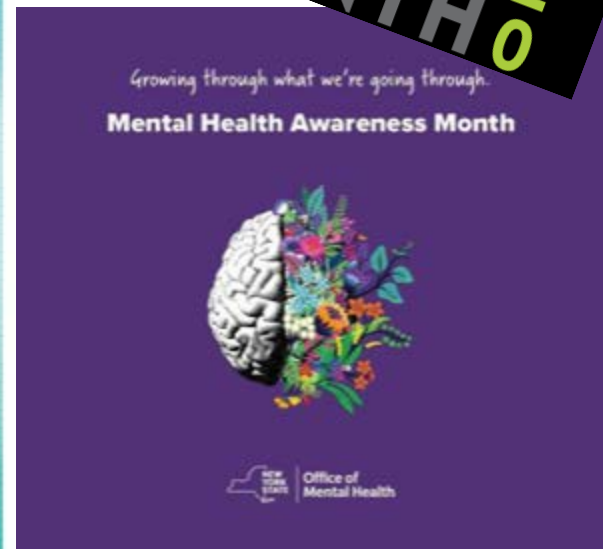


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An Important Time to be Together

World Health Organization
2020 YEAR OF THE
**NURSE &
MIDWIFE**



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No disclosures.
No medical advice.
Not a research presentation.

Why a Wellness Warrior?



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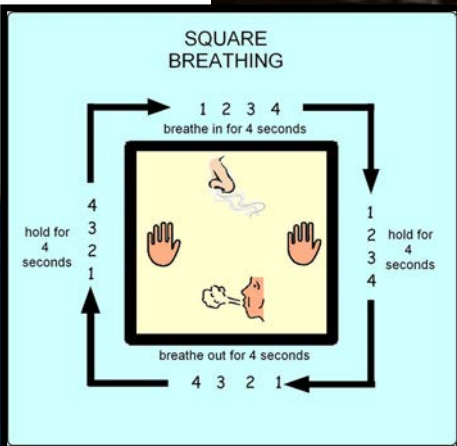
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Feeling uncertain?

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



<https://twishort.com/nxrnrc>



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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>

https://nahic.ucsf.edu/research_network/integrated-behavioral-health-in-aya-primary-care-a-review/



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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://foodandmoodcentre.com.au/2018/09/ways-to-conquer-ptsd-why-diet-really-matters/>

<https://www.nature.com/articles/s41538-017-0008-y>

<https://www.apa.org/monitor/2017/09/food-mental-health>

<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

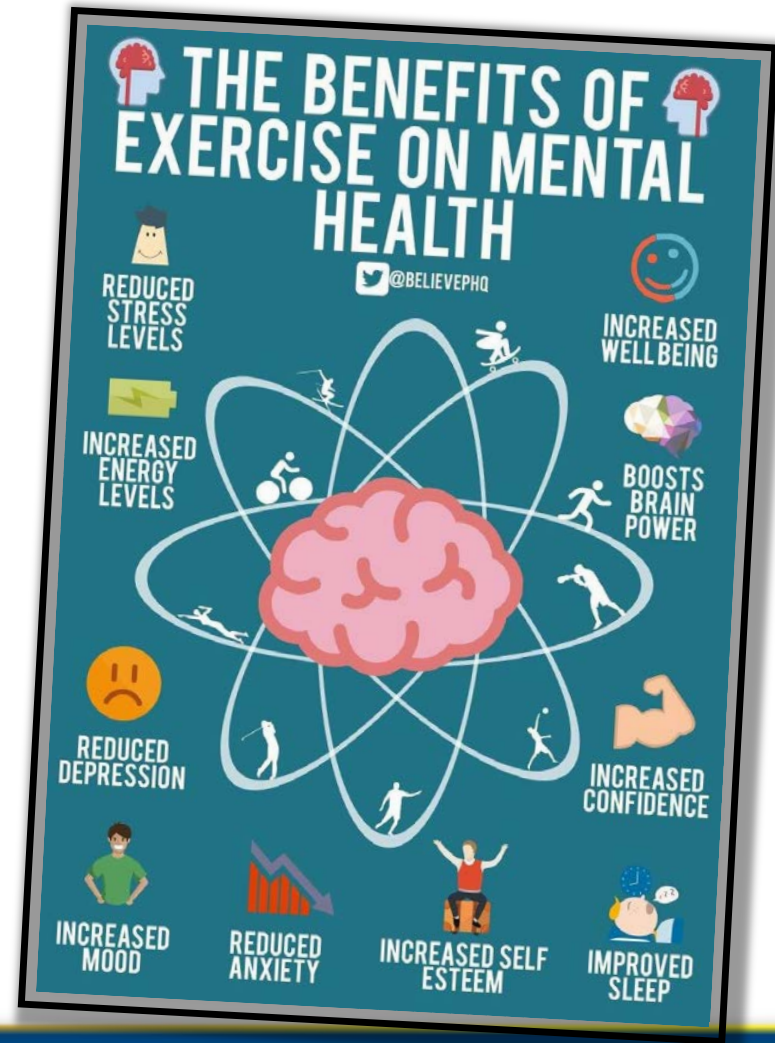


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Be Active

- 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>



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Be Open

- Lead with your heart

Sun Breath

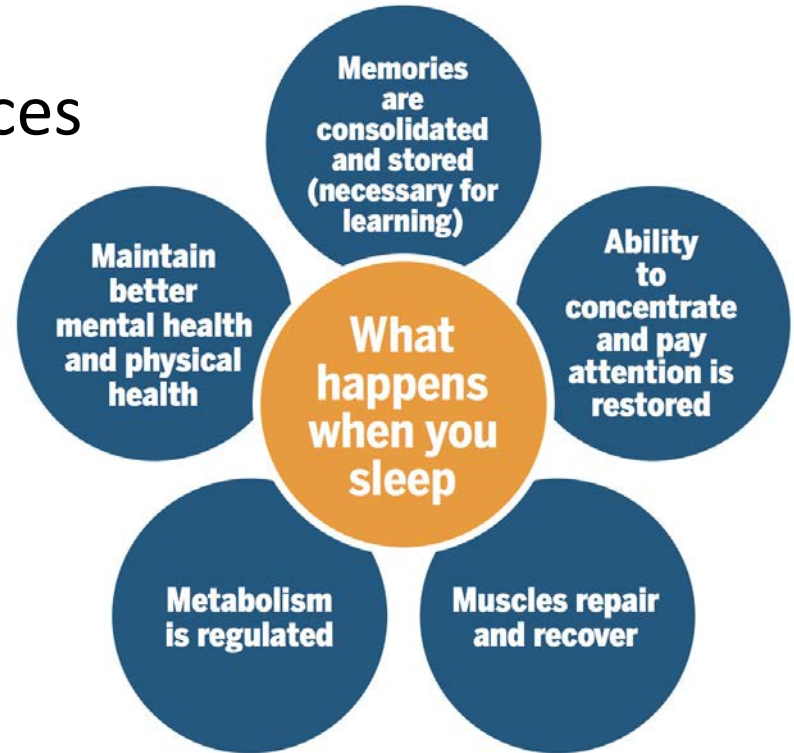
- Sit in chair with feet planted on the floor directly under your knees, arms down by your sides.
- Press sitting bones into the seat as you lengthen up through your spine.
- Turn palms upward and take a slow inhale as you circle your arms out to the sides and overhead, connecting your palms.
- On exhale, 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

WHAT HAPPENS WHEN YOU SLEEP



https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health

<https://www.sleepfoundation.org/articles/healthy-sleep-tips>

<https://listenandlearn.com.au/sleep-disorders/>



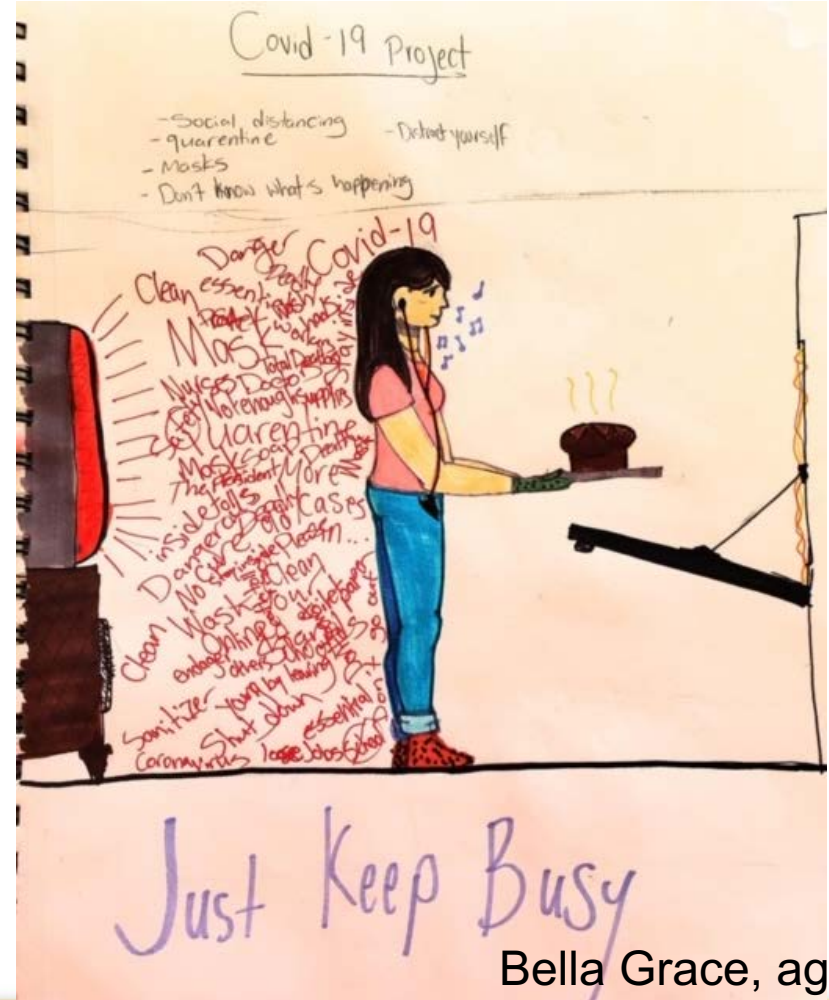
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Recover

- 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>



NEW YORK STATE Office of Mental Health **Coping Tip**

Make the Most of Your Hand Washing

While washing your hands:

- ✓ Close your eyes and visualize a calm, relaxing place.
- ✓ Hum an upbeat tune or sing out loud.
- ✓ Clear your mind of other thoughts and focus only on the warm water, the feel of your fingers and hands, the scent of the soap.
- ✓ Practice deep breathing exercises, like Box Breathing.

When you associate hand washing with relaxation, your body and mind will make the connection.

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)

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

Natural
BEACH X LIVING



#NYHopeHunt

GRATITUDE

helps us to
see what is there
instead of what
isn't

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*



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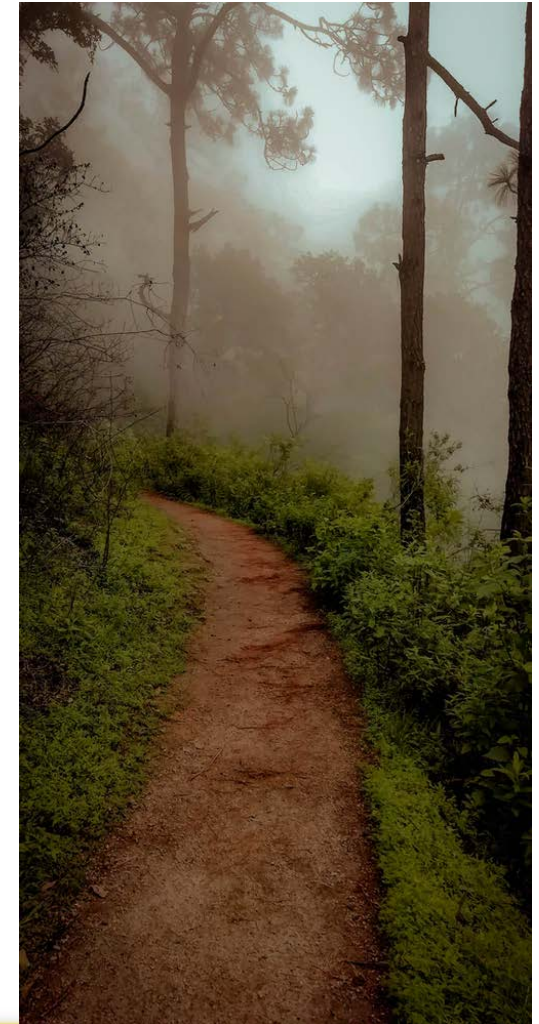
Tatooine courtesy of <https://www.starwars.com/news/star-wars-backgrounds>



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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!

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/>
- **FACE COVID eBook** http://www.commpsy.com/wp-content/uploads/FACE_COVID-1.pdf
- **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**
- **Yale webinars: Using emotional intelligence to combat COVID-19 anxiety** <https://news.yale.edu/2020/03/24/yale-webinars-using-emotional-intelligence-combat-covid-19-anxiety>

Photo by Francesco Gallarotti on Unsplash



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TAKE A CHECKUP FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.
MHASCREENING.ORG

**HELP US REACH OUR GOAL
OF A #MILLIONINMAY.**

<https://mhanational.org/>



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Thank you! Well wishes.



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