

## Managing Anxiety and Worry During Uncertain Times

I want to welcome everyone officially to the webinar. We are starting now. Before we get started, my name is Melanie, I am your moderator today. I will be hosting the session. The guest speaker is Phil Sandoval. Before he takes over, I want to go over housekeeping tips for you in case you are new to the web platform. I do want to let you know first and foremost, which is very important, they do want to know what department you are in. They asked us to have a mandatory poll that you would fill out in the upper left-hand corner of your screen. Is at the very top on the left and says important. Under that you can see a text box the says type your answer here. You can just type your department name. You don't have to have your name. That is fine. We just need your department name. Just type in your department name and click the icon to the right to broadcast your message. Just her department name, click the icon to the right pick it looks like we have about three quarters of the people who have signed in. If you can do that now, that would be wonderful. We also have a Q&A pod right below that for questions or comments. I do see I have a few in here I need to look at. We are getting those. The Q&A textblock is at the bottom of that pod. Get that call out icon to the right. It could look like a little bubble or it could have a different appearance. It could look like an arrow. Click that so we get your messages. Right below the Q&A -- also, you do not have any microphones on. We have you muted so we cannot communicate verbally. That is your way to communicate with us. Also we have handouts for today. You can hover over the titles, and if the icon shows up, click on the download . If you don't get the arrow, click on the handout titles to highlight it. you can hold your control key down and highlight all of them if you like. And go to the bottom of the pod and click on the download files button. Either way, it will open in your Internet browser, many minimized and flashing at the bottom of your screen. Is open that window and follow the steps to download the handout. If you have the ability to watch this session in full-screen mode, the full-screen button is in the upper right-hand corner of your PowerPoint. If you click on that, it enlarges the PowerPoint to full-screen, which is fine. You need to know that you have to click on that again to minimize the PowerPoint to use the Q&A feature or answer any poll questions. You will not be able to see them in full-screen mode. This recording -- this meeting is being recorded and will be on your member website, and that will be in 2 to 3 business days. If you want to stand by, I'm going to start the recording and Phil will take over the presentation.

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Okay. Are we ready? hi everybody. I hope that by now some of you know my name and maybe recognize my voice because I teach quite a lot of classes here for the state of California. I started with a brief introduction of myself. I spent my 1st career and high-tech helping to design trips. I have a tech background. For at least the last decade I've also been a licensed psychotherapist, family therapist here in the state of California. The reason I tell you those key things is for the same reason I am about to switch to the bottom of the presentation and show you the bibliography slide, the one on your screen now. What I want to tell you is that what we are presenting through Magellan via the state of California is data that is a just Phil giving his opinion on how to deal with stress or the things happening in our world, it really is evidence-based data, meaning the research is coming from universities, coming from different places. Here just briefly let me give you an example. Anxiety and depression Association of America. Anxiety and depression is so prevalent that we have associations. We are people that are really concerned about how we can minimize the negative impacts on a persons day-to-day life. As we go through the presentation today, I want to remind you to ask me questions, and as Melanie said, in the

Q&A section type in your questions and Melanie will then find them and screen them and interrupt. And I will try to address those. If possible. The other thing I'm going to do is try to make this as interactive as possible. I'm about ready to ask a question and I will make it so the answers will be simple to community back to us via the Q&A. Let's start with a question. How many of you have suffered anxiety or depression, for whatever reason, during 2020? the reasons might be 1 million things. Certainly COVID-19 or the election or the impact to your children being at home now instead of being able to go to school. In the Q&A section I want you to answer the question with a yes or no. Yes I have experienced either or anxiety and depression this year or No, I haven't. Type those in. Yes or no into the Q&A box. Have you experienced some elevated anxiety or depression this year in 2020. Type the answer in the Q&A box. Not seeing anybody come through right now. That's okay. We will keep going. In my world, what we do know is that there are quite a few people that have suffered and are suffering from anxiety. The election just past and caused a lot of people a lot of anxiety. Still people are suffering from some trauma associated with the things going on. Those things are what we often group into category called psychosocial stressors. What it means is that our psychology, our body gets affected. Are thinking and emotions get affected by things outside of us, the social world we live in. COVID-19 came in and I was teaching classes online early in the year helping people to cope with the change that COVID-19 and the shut down and the change of people working from home and what do I do with my children, you know, now that they are not going to go back to school and doing school work from home. How do I deal with all that? those are psychosocial stressors that add up and add up and can cause disruption to our lives. That is what we are going to talk about today. We're going to do a couple of exercises, and the objectives overall are to define negative effects of anxiety and worry and how those affect your body, and they do. They can cause harm. They can reduce physiologically our immune system, our ability to fight off colds and other things. There is an absolute direct correlation between anxiety and depression and your body. The 2nd thing we're going to talk about is identifying thought patterns. This is in my wheelhouse because I spend a lot of my time working in cognitive therapy, which talks about the way that people think and how your thought patterns can lead you to or away from anxiety and worry. I want to remind you, and I say go through the course, this is only about 10 slides. I'm going to give you some tools so you can start immediately to practice changing the way you think to get you to be less worried. The 3rd thing is to demonstrate a formula to help navigate anxiety and worry. There are a bunch of ways we treat anxiety and depression in a clinical setting. Like at my private practice there different ways we do it. We only have an hour, so I am going to give you one formulation that might help you. Then we will describe other tips to help deal with excessive anxiety and worry, and in that sentence I want to emphasize the word excessive because you are successful adults. You have dealt through the trials and tribulations of high school, getting a job, all the other things, paying your taxes, you know what stress is. You know you can deal with it. What I am concerned about is excessive anxiety and worry. Thinking about things that may be beyond your control. But I am getting ahead of myself. Then we will share additional support resources. That goes back to the bibliography where I encourage you to take a minute and go through that list of resources in the back and read some of those articles that are published. You are not alone in this anxiety and depression field. You're not alone at all. We will help you get through it. Okay?

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Can you hear me? I need to tell you something because I know you want to use that Q&A pod but I don't think you can see the messages. If you hover over, there are icons next to the Q&A, and they look like

little people. Hover over them and click on the one that says presenter view. And you will be able to see all of them.

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Now I got it everybody. Thank you Melanie. That is why we have this wonderful facilitator helping me out. Isn't that funny because I came from a high tech background. All the answers here that I see are yes, that we have felt anxiety this year. Might be a variety of things. Like I said, Covid, whatever. Here on slide number 3 anxiety and worries. Constantly focusing on but what might happen. I will give you a clinical term for that in a 2nd. The 2nd bullet, feeling an impending sense of doom. Just be patient with yourself. Be kind to yourself as you go through this exercise with me. Think just before the election process, like maybe a few days before or during election day, did you feel like Oh my gosh, if my team doesn't win things are going to -- whatever, catastrophic kind of thinking. Focusing on what might happen if my team doesn't win in the other does? my guess is yes. Some of you felt that way. In the Q&A section feel free to write yes, I did feel that sense of impending worry or doom that the outcome of the election was going to be affecting me in a real way. Again, I am seeing both people answering yes, I absolutely felt that just before the election. And during election day. Anxiety and worry sometimes comes from unrealistic fears, which means that we are thinking about things that really aren't helping us. They are not realistic. I know people that went out and did things this year for COVID-19. Let me give you an example, how many people went out and excessively bought toilet paper ? I know that is kind of funny now to talk about now that the shelves are back, but there were people that bought 3 months, 8 months worth of toilet paper because they were worried that we might run out, that that would be catastrophic and will prevent us from finding these types of products. Using unhealthy means to cope with our fears. Those are indicators you are now in the danger zone of anxiety and depression. You are smoking where you never smoked before. I am not just talking about cigarettes, but you might be smoking cannabis more excessively than you had before or drinking more alcohol, or eating more or sleeping more or etc. you will say to me, I don't, you know, I don't think I'm necessarily over drinking or doing this. I am just doing it. Sometimes it is below our ears, which means it is in our subconscious that we are picking up these bad habits that aren't necessarily good for us, but it is a way to kind of soothe ourselves, but not in the long run. Not very healthy. Let's talk about some of the physical effects of anxiety and worry. I am not going to go through every single one of these. I want you to type in the Q&A section one or 2 things you feel when you really are in a high state of anxiety or worry. What happens to you? take a look at that list and type in a few things you feel when you really are very stressed out. Some people are saying upset tummy, trouble sleeping, irritability , absolutely. Somebody says their tummy, including constipation and diarrhea. Those things happen. Absolutely directly connected. I am just going to tell you as I read through these that the largest nerve in our body goes from our brain to our tummy. Often when we are feeling anxious, our tummy is upset. We don't feel good. Our normal process of elimination is disrupted, but other things that aren't on the list might come up. We have a decreased libido. We're not feeling very good. Were not feeling the way we normally do. We don't want to do things we normally get a lot of enjoyment out of like going to run our do this or whatever but as a result of that, we are not feeling very good. Those are the side effects and effects of having excessive anxiety and worry. A couple other things I want to maybe spend a little bit of time on is the fact that our relationships are being affected by these things. For example, I just mentioned libido. That might be affecting our relationships. You might be talking about I am irritable. I am just tense. I am grouchy and short of patients were normally little things wouldn't bother me so much are now becoming big . As a

result of that, one of the things not in the list, but I bet it is affecting you is your interpersonal relationships. They are being affected by all these things here and other things that are being caused by these external psychosocial stressors. COVID-19, getting your kids to go back to school. The election process, etc. In a couple days I'm going to be teaching a class on how to survive the holidays. I have taught the class several times over the last year, and it always gets great attendance because I know the holidays, Thanksgiving and Christmas that is coming up, those to a particular, cause people a lot of stress, even though a lot of people tell me their joyful and glad they have these opportunities to be with family, but they are stressful. It is exacerbated, which simply means made worse by the fact that we have all these rules for COVID-19. Now we're going to have a Thanksgiving, and we can't do the things giving the way we normally should because of COVID-19 and the restrictions that are imposed. With that means is that we need to be taking care of ourselves, but the 1st step is to be aware that we are feeling anxious and worrisome more so than we would normally do. There is a question that came this is how do we differentiate, how do we tell the difference between healthy coping behaviors and unhealthy coping behaviors. And just a brief stroke here I will say you will know the difference in you, you will know that in general, if you're going through stressful period, your normal coping mechanism might be to go on a run or take a yoga class or timeout by yourself. There is a healthy, what Melanie will say to us, self-care tools. The on healthy coping mechanisms, you are going to be income aware of those because most of us don't automatically, like you said, if you are in front of me he could see I have my hand hovering right above my ear, and when I point above my ear it is pointing to my brain, which means the conscious actions. Actions I'm aware of. When I go below my ear, it is subconscious, an indication that the subconscious action which means I didn't really plan for, it kind of snuck up on me, I don't realize until later I realize, wow, I am drinking much more than I normally do. Where I might normally have a glass of wine or a beer after dinner or before dinner or whatever, I know went through 4 glasses. And so, it is an unconscious process that comes up to us. That is when at that level of awareness, at that state of awareness, that is where I want you to be aware of the fact that I did not plan for this, it just came up to me. I didn't really plan to be disrupted in my sleep, to be short tempered with people, but all the sudden I find I have not slept in for five days or have not slept restfully or people are telling me why are you so grouchy these days, why are you so snappy. We become aware of them. To differentiate between them I want you to think about, and we will do an exercise in a couple of slides, I want you to think about what you normally do when you are stressed out versus what you might be becoming aware of that you are doing now. Unhealthy coping mechanisms are this. Different for every person. What I want you to ask yourself is, okay, is drinking those extra glasses of wine or smoking that extra cannabis, are they really serving me? is eating that extra ice cream or not going to do some exercise, is that helping me or not helping me? if you say it is not helping me, then it is an unhealthy coping mechanism for you. I hope that helps. All right. Another question came in the says, but what do we do if we are not granted time to ourselves? I am going to tell you that every single one of us needs to have time by ourselves. I tell people in the classes I teach, especially if you are a parent. When you leave the office, get in your car and let that be a conscious decompression time, that is a decompression time, a time for yourself. When you get home, I don't care if there are a ton of people screaming at you for attention, I wanted to get to that point where you say to them, give me 10 minutes. I just need 10 minutes. I'm going to go to the bathroom I had a long drive and a long day, I'm going to go to the bathroom. You may not literally have to go to the bathroom to relieve yourself, but what I want you to do is go there, or you might say to them, listen, let me get out of my work clothing, I'm going to my room. I will be back. It is critical for you to tell them that. You will be back in 10 or 15 minutes. That is a time when you are able to get out by

yourself and just decompress. A few minutes of decompression time. Let me get through a couple more slides and I will get to a few more of your questions. I love these questions coming through. I am on slide number five this is when should I consider seeking help? well, seek help when you are struggling. Where we seek help is something I will tell you about. But when you are worrying a great deal, and remember, you are worrying and know that is not you. You are not feeling yourself. You know that. Again, you are functional adults. You know what stress is, but you know all the sudden you find yourself worrying unnecessarily. Things that you can't control. You really could not control the outcome of the election, you couldn't. The idea, could you at least participate, get involved? absolutely. That is what we are meant to do. We are meant to get involved. But the key is, at some point in time we have to find that cognitive line this is now it is beyond my control and now I can just step back and not worry about it. let me give you an example of this. I have a private practice with tons of people in my life. I have you wonderful people that come to these classes, and I had this class just before the election, which was Tuesday, just before the voting started. I would have maybe encouraged you to do something different. I might have encouraged you to not turn on the TV for the entire day. Not the entire day. I would have said go do something. Plan a picnic, do a family event, but stay away from the TV. Because it is going to take some time to tabulate votes. And all you are going to do is find the push and pull of the media worrying you. One time I could remember candidate one was ahead in candidate two was ahead. We get this emotional tug and pull. It did not help us. That is an example of something being out of our control, and yet how we deal with that is well within our control. We could have said for all of our people around us, I am not talking politics today. I'm not going to talk politics today. Let's just see what happens and we will pick it up again the day after the election. Have trouble controlling your constant worries, that is time when you need to see me. That is what we call rumination. If you want to write something down in your notepad, a word I'm going to give you is rumination. Rumination is used in a whole bunch of different sciences. Like my family in Arizona we have cows. They regurgitate their food. Five stomachs and goes from one to the next and you see cows chewing, and it may seem gross, but what they are doing is digesting that very difficult grass. That is what we are doing, we are re-digesting our words and thoughts. Rethinking and rethinking and spending a disproportionate amount of time worried about things. Guess what, it doesn't change the outcome. It does maybe in the sense of, like we did a study, a big study on NCAA college basketball teams about people that worried about how they were going to perform in the game and people that set it aside. There is a guy from Duke who leaves a good example. He says I don't worry about the outcome of the game. I go to game time and know we have done all of our practicing. For you you have done everything you can to protect your family from COVID-19, and yet I can't do anything more than that. Now let's go play the game and do the best we can and if we win, great, that is a wonderful thing, if we lose, we will have another chance. Will do it again. Controlling your constant worries means giving yourself time to stop worrying. It is easier said than done. You worry more than others or more than you think you should. That is apathy -- that is happening in the electoral process and open COVID-19. Should you be doing this or that? I can remember, what are you doing, my dad is 90 years old, he says what are you doing with Tata? don't you know what is going on? some people thought there were things that I should be doing that I am not doing. Sometimes people are projecting onto us, the clinical term, projecting onto us they are worries. Maybe I should go do this or that. Next one, unable to relax. That is absolutely where you start paying attention to yourself. Normal if you could sit down and watch a TV program and chill out for an hour, and now you can't do that. You can't concentrate, which the next bullet down, many of you put that down there. If you are having concentration problems, the ability to relax and focus on little simple things, that is an indication that

maybe I need need to get some help. Were easily startled. Things were you will more. Like a traffic situation, etc. You're having trouble falling asleep or staying asleep. You are feeling tired and fatigued even though you feel you're getting us -- enough sleep. Sometimes we're going to feel that way because we're just tired, but this is a deviation from your normal. You normally don't feel tired and lethargic in all of the sudden you are. The headaches, muscle aches, the mechanics, unexplained this or that, you are twitchy. You feel like you are literally a live wire. Those are the times when we need to say let me go to my EAP. Let me look at some of the presentations and see if I can start helping myself, but also let me go to see if I can find a therapist to help me out. But I tell people all the time start with your medical doctor. It is hard to get enough hold of a therapist these days because we are overwhelmed. Don't forget to use your medical doctor, your primary doctor, your primary care doctor can help you as well. Let me get to a question over here. The question came as says how do you find a balance of life is difficult, so I am struggling, and depression. No control, doesn't change the sadness. All I can tell you is this, that there is sometimes when events happen like depression that they become clinical. They would fall in a category like your medical doctor was diagnosing depression, we might call it major depression disorder. In times like that you absolutely need to get help. And tell you a medical doctor that suffers from chronic depression. And he goes to get help. At times like that you have to go to your medical doctor and your doctor might say to you here are antianxiety meds. I can tell you that most people I interact with don't want to take meds for a variety of reasons, but I can tell you that sometimes meds can save your life. So do what you need to do to get back to being you. Know that you are not alone. The fact that you are attending this class is a very positive thing. Your anxiety or depression is a because you are weak or your brain is broken or you're not very thoughtful or you wish you had different skills, because you are human. COVID-19 has created havoc to families, to organizations, to the world. Don't punish yourself. Don't feel like this is week, stronger people are getting through this better than I am. I will get two more questions in a minute. Keep bringing them in. We are good on time. I'm going to give you an exercise right now that I do with every class. Every class I give you this breathing exercise. If you take my classes before, you know what to expect, if you have not had it, I want you to know that any clinician, mental health clinician or medical doctor, will say this will absolutely help you to get a sense of temporary and short-term peace. That if you continue to practice that through the course of your day your brain will begin to change. Listen to me. What I'm could have you do is, we are going to have three, I'm going to have you breathe in deeply three times. I will walk you through each one of them. I will have you do something different on each one of those with your body. First let's start out by relaxing, sitting or laying down, doesn't matter. I want you to wiggle your toes. Stop thinking and concentrate on your toes. Wiggle them like they are wiggling through the breeze and be at peace. What I want you to do is tighten your toes and fingers but your breath will look like this, you breathe deep and expand your rib cage and your tummy. Big breath then and then hold it for a while and then I will tell you to release. That means releaser muscles that I'm asking you to tense and Excel slowly through your lips. Try to regulate it. Let's do the first big breath. Curl your toes and fingers. Don't hurt yourself. Big breath. Relax your muscles. Six seconds. Next big breath. Tighten your fingers and toes and tighten all the muscles, the big muscles from your hips down to your toes. All the big muscles front and back. Big breath in. Tighten your muscles in your legs. When you're ready relax. If you could see me, I am gently rocking my head back and forth just taking some tension out of my neck muscles. Last breath. 10 all those muscles I talked about, and gently touch your ears to your shoulders. Big breath in. Tighten those big muscles and gently raise your shoulders towards her ears. When you are ready. Don't worry about when we're going to stop. Okay. Come back to me slowly when you can. Listen to my voice. What I want

you to be aware of is how well you did, not did you pass or fail, but at the beginning did you struggle with being at peace more so than on the third breath when you got it better? that is good. Did you find that during those breathing exercises that you were able to clear your mind and stop thinking? typing yes or no to that. During that breathing exercise, did you find at some point in time you are able to stop your transient thoughts? I'm getting a ton of yes. What I want you to know is that that is you being in control of your brain. You are in control of your brain. You can control your thoughts. Our brain is powerful. It does lots of good things for us, but sometimes it works against us. Overly worrying about things. But what I just demonstrated to you is that if you were just to take a few minutes. That whole thing didn't take more than three minutes to go through. If you would just do that several times in the course of your day you will feel better and your brain would get a reprieve from the negative chemicals that are coursing through it. will talk about that more. I am on slide six. Using self coaching with anxiety and worries. Self coaching is a key. I just did that with you. Being able to self coach yourself to say I am feeling anxious, the first thing I'm going to do is go to the bathroom. People normally don't bother me in their, I'm going to go there to find peace and isolation and breathe a little bit and give myself a break from this worry. Going a little bit further on these bullets here. The first thing I want you to do is analyze the situation. Similar to what we did on the election process. Analyze it, anticipating. You are anticipating. You're looking forward. What is going to happen? and analyze, the second one, evaluate the accuracy of your thoughts. You might be having what we in my field would call catastrophic thoughts. Gosh, if that other team wins, the world is going to end as we know it. Oh my gosh, if that team wins. Is that true? is that really accurate? the third one, improve what you can control. I tell people often times if you are in a 12 step program you might be introduced to what we call the serenity prayer. It is like Alcoholics Anonymous. You don't have to believe in God, you just know there are some things you feel are out of your control. One of the prayers we have, it is not a prayer, doesn't have to be religious, is the serenity prayer. It basically gets us to a point of understanding what we can control and cannot. It is similar to this. You can say higher power or whatever. It doesn't have to be religious. It just basically says, grant me the serenity, which means the peace, to accept the things I cannot change. Meaning, if something happens and it is beyond my control and my kid becomes addicted to something or my wife goes and cheats on me, give me serenity at least to deal with that going forward. And then, the second part of that is, give me the courage to change the things that I can change. For example, I can wash my hands or wear a mask or do whatever it is I can. Those are within my control. But then the last one comes to what we are saying today, most importantly, give me the wisdom to know the difference, meaning the difference between the things I cannot change in the things I can. Sometimes that is and so black and white. But in all cases you would want this for your child or someone that you love. You would want that to go through life and say you are going to get things that are difficult to feel to be out of your control, but there is a better way to cope with them than just falling apart. On this self coaching exercise, this is one you might want to take out of your slide set and analyze a little bit more. To say let me really look at this. I did my job. I went to vote, now quite a lot is not out of my control. If my team doesn't win, I will vote the next time. I will do this. We are not meant to be victims, but we also need to understand that we are not needing to fall apart. Let me go to another question. How do I control my rumination? any suggestions? the answer is yes. Remember, rumination is where you find yourself worried about a topic or several topics constantly. If you are in any of my classes because I say certain things every time I get a chance to talk to large audiences. If you were in my private office, I would tell you this, I would say I'm going to give you 15 minutes each day to worry your little heart out. Worry all day long about the election, COVID-19, this or that. Your wife cheating on you. Whatever. I give you 15

minutes to do that. Knock yourself out. And then, after that 15 minutes is up, you don't have to think about that anymore. To the best of your ability. You don't get to do it anymore. I gave you 15 minutes, you are done with that. And that worrying is not going to change the outcome. That doesn't mean we might not have to go back and start thinking about, okay, I can't just stop thinking about it. but the unnecessary worry about that you absolutely can control. Like the weekend is coming up. You can say, you know what? this week and I'm not going to worry about the election outcome or COVID-19 or this or that. Whatever. I'm going to be at peace. I'm going to do some exercise, I'm going to knit that sweater I always said I wanted to. I'm going to do this or that or whatever. I am going to be at peace. The answer to how do you control rumination, one process is to catch yourself that I am ruminating and say to yourself, it is not helping me. It is not changing the outcome. And three, I am going to allow myself 15 minutes a day to worry about that, and then we're done. Including watching the media, who is shoving things in your face. Remember, the media, I don't care what side you were on, they are in business to stimulate you. Turn the TV off. Turn it off. You do with your kids in the video games. You say turn them off. There is life to be lived. I'm asking you to do the same thing about the things you're worrying about. I hope that is helpful. Let's get through the next few slides. Analyze the situation, but to add more to it, write down the things you worry about. Journaling is very helpful. I'm worried about, and then fill in the blank. There might be several things. It might change. You might want to have this worry list updated every day. Select three things you worry about the most. These are the things that are currently worrying me the most. Why are you worried about these things? he might check and say, what is the rational behind these worries? is the world really going to end? I will give you an example. Write your answer yes or no. Do you feel that sooner or later we're going to get past and beyond COVID-19 and restrictions that we currently have? yes or no? do you feel that sooner or later we're going to get past COVID-19? every single thing that is coming in here, people saying yes. We are going to get through it. That is a healthy adult talking. That is somebody that has not given up on hope. When you give up on hope, I'm worried about you for suicidal ideation. I just taught a class about that the other day. I am telling you that we will get through these things. We will survive the election. We will do this. It doesn't mean that we checked out of life and let life swarm around us. We get involved. But we recognize the fact that there are some things that are beyond our control and that the worrying is not helping. It is making me sick. It is disrupting my relationships. Scale the intensity of your worry, which means, I am a out-of-control warrior. I'm worried about my daughter's upcoming graduation. Number two, I am kind of worried a little bit about the outcome of kitchen COVID-19. When you can do that, then you can start to see the things that maybe you need to address. And take control over. If things are true, what can I do about it? can you change the direction of COVID-19? could anybody? is somebody out there that has a magic wand? can I stop my teenage child from doing whatever it is I don't want them to be doing? it doesn't mean we check out and say forget it, let my kid do whatever they want. What we might do is say how can I do this differently? how can I do this differently without destroying myself. What are my options? slide number nine. Improve upon what I can control. To go back to the serenity prayer. How can I turn my thoughts into action steps? that is further going through the process like your child not doing their school work. Guess what? they don't have the same supervision, they are not in the same environment. I can tell you right now the children are suffering by not having social interaction. It is not good, and I'm not happy about it, but what can you do to get them to study more? what you're going to do is working with yourself, working with other people, working with a therapist. You're going to start finding action steps you can take. I'm going to do things differently. I will schedule a family meeting to talk about this. That is just an example. When you can start listing those things. Let's say for example

you are worried about the presidential outcome. Write a list of the things you have control over and what you can do . And I am going to tell you it will be a pretty short list. You can call your congressman, you can do this or that. But your worry and overall anxiety about stuff is only killing you and not affecting the outcome. But if you can't quantify your thoughts into action steps, that is a problem. Supporting others. I tell people this all the time. Please love yourself. Please allow yourself to be human. Anxiety, depression , rumination, all of these things are not based on a weak mind or a weak character. We have all come through that. I can remember my mom saying it doesn't kill us, it makes us stronger. There is goodness that comes through that. For example, even COVID-19, it has made us aware that maybe I do need to do things differently even after this virus is past. Support yourself and others by educating yourself, which will help you to say I should not be worrying about that to the extent I am. Reinforce positive behaviors. Meaning a 70 comes to you and they start talking about the election for example, or you bring it up and they say you know what? for this evening that we are having dinner together, we are not talking about politics. That is a positive behavior. Reinforce that. I agree with you. 100%. Let's give ourselves an hour today to talk about the election process, and then we will turn the topic often talk about something entirely different. When measuring success, don't compare. There was a great quote from Socrates is says your life is in flux all the time, don't get overly happy on your successes, including if your team wins, yet don't get overly depressed when your team loses. Be realistic. Sometimes you win, sometimes you lose. That will help you set realistic goals. Ask how you can help so when other people are stressing out, how can I help you. What I mentioned here is that you might be the stronger person in your community, and one thing I can tell you that is not very helpful in a clinical setting most of the time is telling people what to do. Even though you see them there and see them doing things. Let's use alcohol addiction for a minute. It is really quite simple to solve alcoholism. You just stop drinking or doing whatever it is they are addicted to. Pretty simple. The solution is simple. But how you do that is much more emotional and complex and multilayered. Tried to ask, I see your stressing like this, how might I help. Because the way you help yourself might not be effective for that other person. Asked the question, how can I help before you jump into let me give you some ways to help. Encourage them to seek help. It is okay to come to a therapist. I gave two classes, over 200 people in those classes on your EAP. Throughout the presentation I kept reinforcing the fact that it doesn't half, don't overuse EAP process when things are going bad. Don't hit rock bottom and say I need to get help. Go seek help in positive ways as well. I am going to do the dishes tonight, you go take a walk. You know what? I'm going to take care the kids, you go take a bath or whatever it is that will give that person an opportunity for self care. Staying connected through technology or by phone, so was is that causes me a ton of trouble because I am always on my phone. If you listened to the previous slides, we told you to pay attention to what is causing your problem. If one of your problems is that you are on your phone 24/7 keeping updated on this that in whatever, don't do that. But what we're seeing here is, if your best friend, your lover, your family can't come for Thanksgiving, connect in other ways. We need social connection. Our children are suffering and so are we. I just talked to a lady walking down my street, walking the dog the other day, we go to the same health club and she is a big tennis player. She says I am missing my connections. She says I realized that it isn't just the tennis I am missing, I am missing the social aspect of connecting with other people. Absolutely. That is all the slides. A few of these articles and here are really good. I encourage you to take a minute and click on them. I encourage you strongly to go to your EAP website and look at all of the things that are available here on the slide. You can see the website. Every day of the year. Interpreted into over 140 languages. Unbelievable. Let me do one more thing and then I will answer a couple of questions. Take a big breath with me. Will your toes. Stop

thinking. You feel that piece right there? you feel the anxiety and stress? go down and reduce from 82423. You can control this. You can get better at it. You can learn to worry about things that need to be worried about and learn to let go of things that you don't really have a lot of control over. A couple of questions. A ton of them came in. I'm so grateful for you to participate this way. One is how do I find that we already talked about that one. We're mostly at home continuously and not in the office. That in itself is causing people tremendous stress. Where I don't really get a break for my family, for my environment, now I am stuck with them. Is it because you don't like your family or your home? No, is because you don't have the normal deep connection processes that help you to live a more complex life. People complaining that I can't go to church. My uncle Harry died, I could not go to his funeral. The fact that we are at home, we have to start finding ways to get out of that house. I know in my neighborhood I see people I have never seen before walking and encourage it all the time. Absolutely. I was so grateful there were so many people out. Doing their thing, getting out and moving around, very good. Last question for you is, first of all, Melanie has put up this, please rate your overall satisfaction with today's webinar. Please do that when you get a second. I want you to do this as well. What is one thing, type it in the Q&A, one thing you have learned that was useful for you to hear or that you have taken away from today's webinar. Type in a brief little answer. What is one thing you really liked about today's webinar that was useful for you that was helpful to hear? any one of those things. Somebody just said breeze. The breathing exercises. Feeling my toes. Thank you for that. That is a distraction. You are stressed out and you say I'm going to do this thing. I'm going to breeze and just concentrate on my toes. Absolutely. Taking time for myself. The breathing exercises coming up a lot. Someone says I like the bathroom idea. Tell the people around you, I want to emphasize that you tell them when you will be returning. Especially children, because they will get worried. If you say I am just going to take time for myself, I get that, but when are you going to come back? you can say I will be back in 15 minutes. I'm just going to go and change my clothes from work and then be here for you. That child will not sit in anxiety wondering when their parent is going to come back. Do that. If you have to make it more personal by saying you're going to the bathroom, do that. But say I will be back. After that, we will get on with the evening. Thanks very much everybody for participating. I hope you will take other classes that we have. Be sure to use your EAP. That is it. I am done.

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Can you hear me? I hope the participants can hear me. To answer the poll question, I want to say please click the radio button next to your response. That will broadcast your answer to us. We are not broadcasting to everyone. Just click the radio button right in front of your response, and that will tally your satisfaction. Thank you so much for attending today, in this -- have a wonderful day. [Event Concluded] This message is intended only for the use of the Addressee and may contain information that is PRIVILEGED and CONFIDENTIAL. If you are not the intended recipient, you are hereby notified that any dissemination of this communication is strictly prohibited. If you have received this communication in error, please erase all copies of the message and its attachments and notify us immediately.