

How to Build Resilience and Adaptive Skills During COVID-19

Okay, ready?

We're ready.

We're ready. Okay, sounds good.

And hopefully with this time, you guys maybe have had -- some of you have had courses with me, and you know my style. But if not, let me give a brief introduction to myself. I spent the first part of my adult life in engineering and high-tech. The second part, after I retired, was enpsych low therapy. So I licensed marriage and family therapist here in the state of California. The reason I tell you those two things is because it really is meant to redirect you to the content of the material that we are about ready to present. It is not just telling you these are my good experiences. And these are some resilient skills that I have and I want to impart. And the data is being researched and universities and other private practices, et cetera. So the material has some credibility. I hope you get a lot out of this class. That said, we will -- I will try to make it as interactive as possible. So I am going to be asking you questions here in just a little bit, and when I ask you the questions, and please type in your answers and I'll phrase them in a way that your answer will be brief. It can be brief. And then Melanie will just interrupt and say hey pHIL, here is a question that we have or here is a response to what your question was. Also, if you have questions, and I encourage you to use me completely. Use me as a therapist. Use me as a content expert, all of the above. So any question you might have. Even though it might be a little bit unrelated, ask me, and if we can get to it, I will definitely answer it. And if we can't, I'll get back and say okay, this is where we can go find those answers. That said, big breath. We're going to do an exercise.

So an idea about building resiliency. We talk about resiliency is and some adaptive skills during Covid-19. And we are several months into Covid 189. So I let's see where you are. So today, we'll talk about the -- we feel stress and panic during the pandemic. And I want you to know that maybe some of you. I am aware that some of you are feeling panic and stress. For different reasons not because you are afraid that you are going to catch the disease and bad things are going to happen. The worries that you have for your families, et cetera. It doesn't mean that you are weak or somehow afraid. Not at all. We are going to talk about why we feel stress and panic. Number two, review the tips for managing emotions and building resilience. We teach a lot of classes. I teach a tremendous amount of classes about just building resiliency not just during difficult times like this but in the course of our lives and how we manage our emotions and what does that mean to manage our emotions. We'll talk a little bit about that and we'll talk about ways to help other people. How do we help our kids or older people that live with us? My dad is sitting outside right now. He'll be 91 this week. How can I help? That is somebody that I owe I spent some time on. I don't want you to feel in any way, shape, or form, that you are not strong enough to cope with life just because you need a little bit of help. The last one is to finetune some adaptive skills. Per usual, if you have a question, or if I am going to fast, or you can't hear me, or you want me to clarify something, type it into the clarify section on your left. Melanie will interrupt and pass it on to me. So why do people feel stressed? Let me ask you. You or the people around you. Why are you feeling stressed and panicked. So type and the q and a section. Tell me why you or people around you are feeling stressed and/or panicked.

So you might not be able to see those. If you go up to the q and a of the top and hover those icons.

So getting these feedbacks. Uncertainty. You see uncertainty come from the audience in a big way. Other people are saying restrictions, the current lockdowns, what is going to happen during Christmas? All of these things are real. They do bring concerns. Like when we get close to April 19, if I were to poll a bunch of people, they're going to say I am concerned about having to pay my taxes or I am having to be concerned about this or that. Whatever. Your kid is graduating. What happens in life we have these things called psychosocial stressors. Psycho meaning our brain or E our emotions. Social which means the outside world. These stressors bring to us panic, worry, concern, or stress. And as a result of that, we learn to adjust our emotions and reactions to that. Sometimes we need a little help doing that. In the first bullet that you see there on this page. The world has never experienced a pandemic of this type. That is not necessarily true. The author most of us have never experienced a pandemic. There have been pandemics. The Spanish flu that happened. For most of us, this is a new thing. It is pretty reasonable. And the information regarding the pandemic is to continually unfolding. And who you are and what you read. And the information that we are receiving is absolutely right. And left, and up and down. And I don't know who to believe and what changes all the time. And as a result that we have the stability. And these are the things that are going to happen. This is what we need to do and we had scientists and medical people saying this is the way it's going to go. We are feeling secure even though we might have to shelter and do other things. It is stability that brings us some peace. People are concerned about their health and are justing to mandatory quarantine. Are you worried or concerned that you might be able to go out and see your families and go to restaurants and the next two or three months during the holiday season. Yes or no. Are you concerned about that? Yeah. A couple of no. But most of the people I am reading are saying yes, aim concerned about it. If we were at a face-to-face situation, I would do this a little bit differently. Saying yes to a concerned amount. It doesn't necessarily mean that I am not say we should do some sort of isolation. It is a concern to me because I do worry about not seeing my kids. I do worry that the children are going to see people. I do worry about their development, et cetera. So the yes answers we are getting compliment a variety of reasons why we are worried about it. Somebody says yes and no. More yes than no. I really like that question. Because the idea that yes or no. Remember the instability and how that brings us worry. The idea of I am kind of worried but not really worried. I am worried that being shut down is worse than get getting out there and not interacting with people.

Many people's livelihoods are at stake. Here at the state of California, it is much different for a lot of people out in the world. We are still collecting our regular paycheck and still have our benefits, but for a lot of people, for example, the people that are running restaurants, or aid or abet businesses -- they are suffering in great deal. And sometimes those people are people which means we are married to them or it is our children or our neighbors, et cetera. So you are Emma threatenedly feeling anxiety or panic with people. Does that make sense? Even though you are okay because you are getting your paychecks, et cetera. You are feeling anxious and worried about other people. It is an every threatic viewpoint. I appreciate that about you. A good person cares about other people. A good person cares about other people. And then the last one there is media and the feelings of anxiety. There is no doubt about that. There is no doubt about that. I don't want to get into great detail about that. But some media hypes it up. They hype it up. They make it anxious, you know. That is part of their job as opposed to sell whatever it is they are trying to sell. They can't feel anxious the way the news reporters are presenting their data. Maybe they could do it differently. I don't know. Okay, so managing your emotions. Well, I

am going to do an exercise with you. This is the one where -- what does that mean? Most people say what does that mean? If I ask you what is your emotion right at this moment? Some of us, including myself, might struggle to put a word to our emotion. So what I want you to do is to recognize that the first thing I want is allow yourself to be human. Allow yourself to be just exactly as you are in the moment. And so here is our E little exercise. I am going to give you an exercise to breathe three times, and I am asking you to pay attention to how your emotions or how your feelings changed over the next three minutes while we do this exercise. So breathe three times, and then each breath, I am going to ask you to do something a little bit different. Okay. All right. So here it goes. The first thing I want you to do is just pay attention to how you are feeling. Attentive, anxious. Anxious, bored. Pay attention to how your body feels. Relax, tense. Hazy. Positive. Now, take a little breath. Wiggle your toes. So I want you to just. Grass blowing in the wind. Did you notice that shift in you already? Coffin sen trait your toes. Expand your rib cage and your tummy. As you breathe in, tighten your fingers and your toes. Breathe deep. Curl your fingers and your toes. When you are ready, relax the tension and exhale your lips. E breathe deep like you just did. Tighten your fingers in your toes. I want you to tighten all the muscles from your hips down to your feet. You exhale slowly. Pay attention to where your mind is. And last breath. This breath did the same thing. Tighten your muscles from your hips and toes. Also, I want you to gently touch your shoulders to your ears. Ready? Big breath in. Tighten those muscles. Move those shoulders toward your ears. Be at peace. Try to relax. Are you calmer? Yes or no? Type it in the q and a? Are you calmer now? Yes or no. Lots and lots of yeses. They'll tell you what you did is a good exercise to allow yourself to have a little bit of break from stress and anxiety. It takes three minutes to do that. But if we allow ourselves to just divert our attention, our worry, our concerns and just allow ourselves to take a deep breath. It is good and healthy for you. I encourage you to do that for the rest of your days. Let me ask you this last question here. On the first blue box there in the upper left-hand corner. Identify and validate what you are feeling. So when we first started the exercise, you were able to identify something. Maybe it was perfect. But you might be able to say yeah, I was feeling a little bit tense. The second part of that, though, is the validation. How many of you are angry that you are feeling anxiety, I wish I wasn't that way. So this is the first time I felt this worry in a long time. We have some yeses. I do not like the way I am feeling. But the point about -- frustrated that I feel this way. Absolutely. Another person says yes, yes, absolutely. But the point of validating is to say this. It is not to judge what is right or wrong, but it is just to say yep, that is what I am feeling. So you are identifying that you are feeling anxious, and then you're saying well, for better or worse, I am going to validate that that is the way I am feeling. And then from there, we can move on and decide what are we going to do about that? And that is what the rest of the class is about. I want you to allow yourself to be human. Whether something traumatic happens in our life, we do feel things that we are not comfortable with, but we have to allow that to be and validate that and then we can move on. So that is a second box at the top in the middle. To be curious and compassionate. Remember I said like some of you are worried and anxious for your children and your husbands and your wives and your neighbors and your partners so it is external to you. Maybe worrying about it is external to you. But to be compassionate is a really wonderful thing. But now I am going to get curious. Why am I feeling this way? What can I do about it? Minimize the judgment on you feeling the way that you are feeling. I don't have to judge it. What I want you to do is shift to say what can I do about it? How can I help myself? And many of you are doing it today by attending this class. Write down that one. We are swamped these days. One of the questions we are asking is how will you change from your normal baseline. Are you sleeping more? Are you sleeping less? Are you eating more? Are you eating less? Smoking more? Smoking less? So the idea is you remember

what your baseline was prior to you getting into this position. Being worried or concerned. So if you are typically a poor sleeper. You might be a worse sleeper now. It is not about a judgment. It is a matter of you remembering who you were prior to this pandemic. Go to the left there at the bottom. One of our audiences says I am sleeping much less. And I feel badly for that. You know, and it is funny because many of us especially now with daylight's savoring time. 4:30 in the evening and 5:30 in the evening. I hear that from people all the time. As a result of that, their sleep cycles are shifted. I want you to remember. Less sleep. Interrupted sleeping. That is what people are writing to me on the q and a responses. I want you to remember if we weren't in the pandemic, many people have sleep adjustment problems after the daylight saving's time shift happens. So we are not judging it. We are just recognizing it, and then we're going to do something about it. So bottom row until the middle. One of the ways that we begin to do something about it is we begin to communicate. And who do we communicate with that. The exercise that we just gave you was to say wow, this is how I am feeling. You might write that down and throw it away later. The others that you might start to talk to other people. You might talk to people that you trust including a therapist. People trust therapists and medical people is because we have very strong laws and regulations that shift what we say about what you told this. That is an important part of trust. But just disclosing to people randomly may not be so good because you don't know who they are going to say it to. You don't know how they are going to respond, et cetera. Find a trusted people. Start with this little process. I want to put this on you the other way. I want you to start applying it to people in your life. For example, let's say you have a daughter or somebody else in your life. I want you to come and do -- you can see my hand. Come to me. Do with them the exercise that I just did with you. How are you feeling right now at the moment? And then let them talk to you about that. And then say okay, I get that. Let's not judge that. Then what are we going to do about that? By the way, that is not necessarily a two-minute conversation. It might be two conversations over two days. The idea that still, I am all over the board. I feel anxious. I am losing my sleep. You know, I am just not me. Bottom row. Very left. Express and contain. Exercise. Practice relaxation and be creative. I can tell you right now that every diagnose that mental health people make or medical doctors make. Every diagnose includes in the treatment plan getting some form of exercise. We encourage schizophrenics, even, to get in motion. We need the exercise. I need to move. I know it is cold outside. I know it is dark outside. I know I don't want to be around a lot of people, but I need to get out of this house, off this couch, away from this terminal, and I need to move. I need to move my body. So when I say exercise, I don't need you to go run a marathon, what I need you to do is start moving your body. So all of these things here, I want you to remember. You can practice these with other people. I have no doubts that most of you have people that are coming to you saying I am worried. I am concerned. I am this, or you are observing them. Not in motion. Especially the high school and elementary school kids where they don't have the normal outlet for movement. Up even for you office workers. You don't have that routine of getting up in the morning, getting your shower, getting dressed, getting to car. Driving to work. Do you see the motion there? You don't have that. And a lot of us are suffering as a result of that motion. So express by exercising. Practice your relaxation. That little exercise that I gave you. But there are others that we could give you as well especially if you are suffering from acute anxiety, definitely come and see somebody. With E can help you with that. And then get creative. Get creative in the sense of wow, what can I do with this environment that I am in. How can I bring peace to people that I am worried about or they are worried about. Get creative. Three days three -- three days ago she started walking my dog. Go rake your neighbor's leaves. Go do things. Be creative. I didn't change the page, did I? I am on building resiliency page. Slide number five. Okay, so resiliency needs -- there is a term that is out there. What that means is

we have strength. We have strength to endure. So a top one person means if somebody says something for us, we would let that run off our body sort of like glass on a TEFLOn pan. We are human beings. The first thing is to limit your constant exposure to the news and the media. Things are going to be the way they are. You know that things are shifting. Be patient patient. Allow yours to have a few minutes to watch the immediate y but turn it off. I encouraged people to have some rules and regulations. I am asking you to do the same thing with the people that you are involved with. Set limitations with them and say hey, guess what? We are not talking about the elections. We are not going to do it. We're not going to talk about Covid-19. We're not going to do any of that. What we are going to do is talk about something entirely different. Allow yourself to be limited to the amount of exposure that you have to the media and to the amount of time that you are spending on it. It is a term that we use called rule nation which means if you keep talking about it and talking about it and talking about it, all that does is reinforce the process. Especially when all the talk. Focus on right now. Helping to design for just under 30 years. So. A pretty result-oriented and solution oriented and that kind of thing. But I have learned over the years that there is only so much that I can control. And there are times when I need to step away from the rat race and appreciate my garden growing, whatever that garden might be. Focus on the president and the goodness that you have here. We'll do an exercise in a minute. Engage in self-care and nourishing activities. Nourishing means food, but it also means spiritual. There are other classes and I encourage you to go and pick some of these other classes. The self-care means stepping away from everybody else. You know, if you are a parent, for example, allowing yourself to find what we call compassionate distancing from people that are around you that are always demanding things from you and just saying, you know what? I am going to take a 15 to 18-minute break. Aim going to go walk on my own without anybody around me for 15 or 20 minutes. That is a form of self-care and nourishing activity is you know what? I am reading this book. Just give me an hour to read and then I'll get back. Sometimes we have to train the people around us to feel safe and all I am doing is say reading my book. I am okay. My soon-to-be 91-year-old dad. That guy is an extravert and outgoing and all. And sometimes he'll say what are you doing? What are you doing? And we laugh about it. My father is so # so grateful and I'll say dad, I am just in the moment. An mMO OB between my dad and I means I am minding my own business. Thousand now, that might feel a little harsh, but the truth is that might signal to him I am just doing my thing. Whatever that is. Paying my bills or reading my books or installing this or doing whatever. I am okay. Just minding my own business. Not to worry. Nothing to worry me too much. I am just minding my own business, dad. Help others because it helps you. Go help those other people, but remember limit the amount of help you give to other people and then catch yourself the say am I lean into there person too much to think I am going to be able to solve their problems for them. We'll get to the second one. We'll go to the right and bottom. Let me get that one and we'll go back to the middle. See possibilities despite limitations. Type in your answer. Yes or no. Sooner or later, sooner or later, by some means, we will be over this pandemic. Yes or no? So give me your answer. Yes or no. Sooner or later, we will be over. Yes or no. The vast ma Jr.ty are saying yep, yep. And the truth is we will get through this. This the idea that you are going to go off and realize we are not in an ideal situation, but this will pass and I am going to be ready for it. What will I do differently? What will I do differently? I think we doing pretty good for time. I want you to practice gratitude. Not because I am saying I want you to become an age-old saint. What I am trying to tell you is 30-plus years of clinical study in universities. What we call positive psychology joy. Right here. Right up in Sacramento. Man, I always quote him, but there are many other people that have similar research on his. Dr. Robert Evans in his lab at U.C. Davis has studied people practice gratitude and they are he will thinker. They have less stress. They have better

relationships. It doesn't mean they don't get stressed out. They recover faster. Practicing gratitude comes a lot of ways. He has a couple of books, really thin books that are good. Some exercises, but I want you and I have to have -- I want to give you one exercise in gratitude. Aim not making this up. For years, I mean years, decades, kind of thing, raises the kids. In my family, we sit down and we have meals together as often as possible. We sat down, we try to have a meal and we would go around and we would say grace grace. That is my tradition. But later as the kids began to get older and then new people came into the lives they would still sit at the table and I realized that is not their tradition. That might not be for them. So what I began to do is every time we sit down at a meal -- like if you come to me and you sit down at a meal. I come from a restaurant or some place like that. Guy around the table and I say tell me one thing that you are grateful for. And I am going to ask you that. In your q and a section, tell me one thing that you are grateful for today. Somebody is writing family. Somebody says I have a journal where I just pray. Another person says family. This is typical of what I get. Family. People I love. I am grateful that I am not alone. I am grateful that people are in my life. Somebody writes health. Grateful that I am healthy. So that is the idea behind practicing gratitude. I want you to find some traditions. I quantity to to ask what is one thing that you are grateful for. It is uncomfortable because people don't get it. After that, I hear what is happening in the q and a section. People start to get it. They start to realize. Especially with my teenaged grandkids. They'll come and they'll say I am grateful for this hotdog I have in front of me. They'll begin to dig deeper and they realize how much good they have in their lives. That is what we mean about practicing gratitude. One of the things that is causing stress and anxiety during this time is the instability. Should I wear a mask. Not wear a mask? Any really legitimate people. How long will this last? Well, I have this. Now we have the vaccine coming up. So the inconsistency really does create anxiety. So maintaining a consistent routine with your children is critical. Get them to bed at the regular time? Do the routines that you want to do. Like hey, we're going to walk together. Realize that they don't have recess and child interaction anymore. So we might have to introduce some more things that become a norm. So you want to try to make this as routine as possible. That brings stability. Provide they should get age-appropriate. Think about another very sensitive topic that you would talk about. Like talking to them about sexual things. You are going to gear that for their ears. If you have multiple people that you are talking to -- like I have three children, and I can tell you right now talking differently to each one of those children because of who they are and where they are to provide information. What you told me when I said am I going to get through this? You're going to say yes, we are going to get through this. Hey, this is just a difficult time. Something is happening out there, but we have this. We're okay. We are still together as a family, as your aunt, whoever it is that you are talking to. We are going to be okay. That is the last one on the right top. It is to be reassuring. We're okay. Allow themselves to express themselves. Absolutely. Allow them to express themselves and don't allow them to roommate. That means go on and on and on and on. Maybe pay attention to them and say this is not good. This person is spending way too much time worrying about this and maybe I need to do something about that. Involve the kids in projects around the house. Absolutely. If they are not doing anything. I sit in my kitchen and look at the amount of painting going on right now. I appreciate their help painting the inside of my house. But what we are saying here is get them involved in things. Help them to become more responsible for their own rooms, et cetera. You are shifting things. Just doing things a little bit differently. On the bottom right. Take care of yourself so you can take care of them. That is absolutely important. If you are stressed out and overly worried. And some of you can't help it. You do take on the weight of the world. You are every threatic. Have I told you about that? You are worried about other people. You are loving and kind. Please don't change that

about you. What I am asking you to do here in this block is to say okay, but in order to take care of those people, I need to go get some rest. I need to go sit down and watch a movie or be by myself or take a walk or go shop by myself or whatever it is. So remember to take care of yourself and allow you to do the things that you would encourage other people to do. Somebody is writing in here and Melanie, I can't read the whole thing, but it says what other strategies do you recommend? And while Melanie --

I would recommend carrying yourself and others away from rule nation. We know what rule nation is; right? We are talking about it over and over. Somebody is getting divorced. They found that somebody had an affair and they are just in that mode of panicking so that is all they talk about. That is their whole way of life. I saw it. I saw it in a big way with many, many people, both clients and people in my social life about the election that came up. They were just -- they had worries and that is all they ever talked about. So I gave one hint which is to set boundaries. Remember, boundaries are good. I know we are going to get together for the holidays. I know I am on the phone with you. But I am going to say to this call, and you just have to say it. That call coming in or that event happening. If you do it when the call starts, they might get a feeling of being shut down. If but if you set these rules up prior, it goes like this. So if I am talking to Melanie; right, and I say hey, we're going to talk on the phone on Tuesday, Melanie said to me -- she might say hey PHIL, I get it, but you know what? This conversation, I am going.

Whatever it is. And then I might say okay, okay. If it is really tough, you might say I am going to give you five or ten minutes to talk about it and then going to change the subject. The second tool if you are in the moment already, you might say okay, we have to beat that dead horse. Let's move on to something else and help to redirect that conversation. So the idea first like everything else we present it. First, I want you to realize it whoa, here I am talking to PHIL and guess what he is talking about. That same old stuff or I don't want to talk about that. I know it is not healthy for us to continue this. So I am going to redirect it. Sometimes, by the way, you have to say no. You have to say to them look guys, this is it. I am not going to talk about that. So what happen you are going to do is close that door. Go ahead and talk to other people about it if that is what you are going to do, but I am done with it. There is a question that came. Seeking therapy. Get reported to your employer. Not by me. I can guarantee it. And the eAP that you have. We'll talk about that at the end of this presentation. This person says I don't want my boss to think I am crazy. In my household, we use the word crazy. We are all crazy. I remember when the kids were growing up and there was a big purple dinosaur and he had this little song that says isn't it great to be crazy. The idea is that you are not crazy. And thank goodness, truthfully, the vast majority of people don't have diagnosable mental health issues. The anxiety, depression, et cetera. They come and go. We treat those very effectively these days. Much better therapy if we did. Does it get back to your employer? No. It does not. Let's say you call the AP and you find my name on the list which I don't think you will. Let's say you do, for example. Once you cross into my domain, you are operating under my license, and I can't tell anybody anything with a few rigid exceptions. If I think you are going to hurt yourself or another person, I guarantee I am going to break that. But I am going to tell you about that. Very limited and very few cases when I am going to report back to somebody. Okay. I can't even say it to your husband and wife. Let's say if you are married. Hey, did my wife come in and see me. I am going to say I don't know your wife. So somebody says can you restate the name of the author and the books? Yes, I can. First of all, if you text gratitude and workbooks, gratitude, therapy, you'll find a ton of things. A ton of things. But for me the name that I use. He has two books. One is called thanks with an exclamation point and the other one is gratitude. A routine on how to build up your sense of gratitude. His name is Dr. Robert. Dr. Robert eMMONS. Just right there at uC Davis and both of those books, the gratitude one is a longer 21-day thing. Either of them will get you started. You can go on the web

and find other people as well. There are others. Other people I could recommend. Okay. Let's see. What do I do if I am feeling like I am roommating. Will the me get to that after this slide. Some of this stuff will come up as I am talking through this slide here. So when it may be time to seek help is when you are roommating. What does roommating mean? You become aware of the fact that you are thinking, sleeping, not sleeping, because of the election. Because of Covid-19. Because of getting married. Because I am getting divorced. Because this isn't happening. Because that's not happening. Somebody is worried that we are going to get a 10% cut in our pay. That could be worrisome because now I already have bill problems. Now what do I do? So normal people -- normal people will absolutely worry about things because that is what helps us to anticipate and to prepare, et cetera. But rule nation is when you are going 24/were on this. So if you feel in that mode, go get some help. Go start talking to people on some of the other slides. You could do a lot on your own. Once you again to realize you are roommating, do that little breathing exercise I told you. Feel your toes. Do it right now. Just stop thinking and wiggle your toes. The rule nation. Those are baby steps and ultimately you are going to do things. You come into my office, aim going to give you 15 minutes. 15 minutes. Hit me with it. You have big iRS womens. You don't know what to get for Christmas. You have 15 minutes to worry about it and then we are done. Because worrying about the election. What are you going to do for all those weeks and months that you are worried about the election, all you did was hurt yourself. Your vote made a difference or didn't depending on where you are at. The idea is there is only so much that your worry is going to do for you, and most of it is not helpful to you. So you start to change the way that you look at your rule nation by saying this isn't really helping me. How is this going to help me? Somebody cheated on you or somebody broke your heart. It hearts. I want you to allow yourself to feel that hurt and be human. At some point in time, we have to be able to move into a new space. First thing is figure out if you are roommating. Do psychologists follow hIPPA? Absolutely.

If you are not sleeping well or sleeping up, anxiety and depression, the simple moll joys are so overlapping. You can't tell if you have anxiety or depression. I am sleeping too much. I am demotivating. I don't have the same energy level than I used to. I normally make cookies and send car cards this time of year. I am not doing any of that. Right now, you don't need to do it. Just trust me on this. There are so many marriages and families in conflict. Stuck with each other. Their routines are broken. They are taking their emotions. It is not healthy. It is indicative of us needing to get some help. If you have having trouble focusing meanerring your tasks. If you are typically good at your job for a lot of years. I read a couple of hours every day. I remember having trouble focusing on my reading. I knew that something was going on. Using substances to cope. Alcohol and drugs clearly so now there are many people who are calling in saying pHIL, I get up in the morning. I start smoking my marijuana and I don't stop until I go to bed. They all say to me, pHIL, aim starting to use these things to help me to fall asleep.

Feeling increasing dispair or anxiety. You might be at a five-level or ten-level of dispair. It isn't getting better. It is getting worse. The election has passed now. At some point, did you feel at least we got the votes in. Now, let's see what happens. If you continue to feel dispair and anxiety, that might be an indicater that you need to go get sopment help. If you are isolating. I love my me time. I have known you for all my life. Here we would want to use avoiding. Avoiding social interactions. For example, in the state of California. We have to wear a mask. Six feet. If people aren't getting out of their house to go to a grocery store, that is problematic. Then the changes in appetite. You know what? I can say changes in almost everything. If I normally go to the bathroom on a regular basis and now all of a sudden I am not doing that. That is a change in your baseline. It could mean something is going on and you need to get

help. Somebody writes if I am six out of seven, I need help. Yeah, probably. Go get some help. Medical doctors, licensed therapists. How are you dealing with it. Almost done here. Acceptance. This is not going to introduce to religion. But the idea of the serenity prayer when people start struggling with addictions, they get to that point which says please help me to accept the things that I cannot change; right? You see the pictures on the web where people are freaking out over something and you are thinking is that really healthy. They are not doing something. Is that really the way that I want to be? So we learn to control our attitude. If we feel that we should be loving community people. Then how does that align with us hating our neighbor. There it is. Confident and families. Taking a precautionary health measures which means we do need to get out and exercise more. We do need to do things. We need to go get a check-up. Let go of what we can't control. In you really think about what you can control in this life, it is not much. We feel that we can. It is good that we feel control over ourselves. Even there, things creep up on us like wow, what happens? So some of the things in this context of today's class. Who contracts the virus? I nominate boars. The people that have done a good job. The people that I do know have contracted the virus. They are shocked because I hardly ever go out. I hardly ever see anybody. If you get it, you get it. Fortunately the economy is going pretty well in the sense of stock market, but there are absolutely people that are outreached on both sides that are saying what are we doing to help the people that aren't getting a regular paycheck? And how long will restrictions last? That goes back to that instability thing. If we knew somebody reliable could come to us and say guys, all I need you to do is stay home between now and January. That will do something. We will do it, wouldn't we? That brings us anxiety. So what we have to do is accept the fact that there are targets, but it doesn't -- we do need to go and help ourselves and do things to help ourselves get through this process. Go day-by-day. When it is time to work, go to work. When it is time to play, go play. That is that fine-tuning of our adaptive skills and be aware of those where you are in the course of your day. Last thing is, I love your eAP. Look at what is going on. Maybe not go to the Covid-19 page. Look at all the other things like finding help in other ways. This place of the living here. Be kind to yourself and be kind to other people. I have to stop otherwise I am going to be in trouble. Any questions or comments? There are other classes we are going to be teaching. Please take those classes. All right. You're up, mEL.

Thank you, everyone. I want to remind you if you did not find. Please do so before you leave. It is in the upper left-hand corner of your screen. Just type in the text box. Your department name and be sure to click on that icon to the right to broadcast your answer. Also, please fill out our satisfaction survey. It is - please write your overall satisfaction with today's wEBINAR. The answers are very satisfied. They are very dissatisfied, satisfied, very dissatisfied. You will not be able to see the responses. We are not broadcasting them, but if you click on the radio button, we can guarantee that we will get those from you. So once again, thank you so much. Thank you, pHIL, for such a wonderful presentation and thanks, everyone, for joining. This now ends our webinar.

Thanks, everybody. Take good care.

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