

# The Effects of a Pandemic and Our Mental Health

Presented by:

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Development**

# The Major Effect of Living in a Pandemic

## ❖ New Challenges

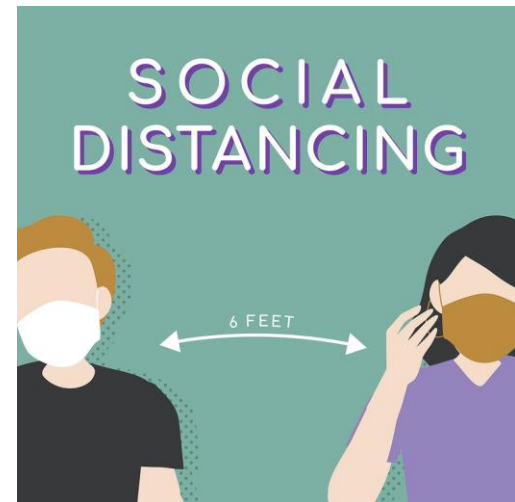
- ❖ Lack of Human Interaction
- ❖ Disrupted Work & School Schedules
- ❖ Business Closures & Income Uncertainty

## ❖ Social Distancing

- ❖ Staying Home
- ❖ Lack of Events & Family Gatherings
- ❖ Wearing Masks

## ❖ Isolation & Loneliness

- ❖ Quarantine
- ❖ Lack of Travel
- ❖ Winter Months of Staying Inside



# Why is Social Distancing Difficult?

**CORONAVIRUS COVID-19**

## Social Distancing

<b>AVOID</b>	<b>USE CAUTION</b>	<b>SAFE TO DO</b>
<ul style="list-style-type: none"><li>• Group gatherings</li><li>• Visits to bars/restaurants</li><li>• Sleep overs</li><li>• Playdates</li><li>• Visiting the elderly with children</li><li>• Crowded retail stores</li><li>• Gyms</li><li>• Visitors to the home</li><li>• Non essential workers in the home</li></ul>	<ul style="list-style-type: none"><li>• Visits to supermarkets</li><li>• Visit to pharmacy</li><li>• Visit to GP</li><li>• Traveling</li><li>• Check on friends and family safely</li><li>• Public transport</li></ul>	<ul style="list-style-type: none"><li>• Go for a walk</li><li>• Jogging</li><li>• Working in the home</li><li>• DIY in and around the home</li><li>• Reading</li><li>• Going for a drive</li><li>• Video calls</li><li>• Phone calls</li></ul>

**Just some of those who are vulnerable that these measures could help:**  
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

**totalhealth**  
TRUSTED LOCAL CARE

# Stress & the Pandemic

- ❖ Increased feelings of fear, anger, sadness, and worry
- ❖ Changes in appetite, energy, and interests
- ❖ Difficulty concentrating and making decisions
- ❖ Difficulty sleeping
- ❖ Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- ❖ Worsening of chronic health problems
- ❖ Worsening of mental health conditions



# Your Mental Health during a Pandemic

## MENTAL HEALTH AND COPING DURING CORONAVIRUS

### REACTIONS YOU MAY FEEL INCLUDE:

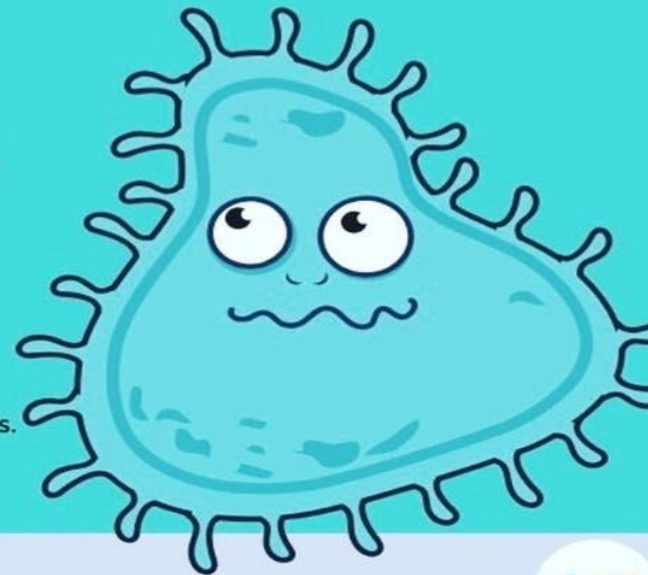
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

### THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

### TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative

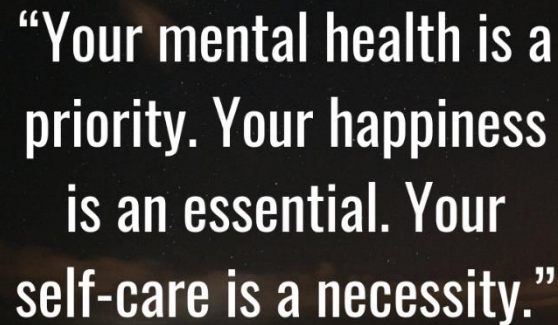


# Suicide Risks during COVID-19

<https://www.psychiatrictimes.com/view/who-is-at-risk-for-suicide-during-covid-19>

\*\*Although national data is yet to be released regarding the effects of suicide during a national pandemic, this video allows for insight on what we should be aware of.\*\*

# What Leads to Risks of Suicide?



“Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.”

*Homeopathyrecovery.com*

- ❖ There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.



# Warning Signs of Potential Suicide Risks

## RECKLESS BEHAVIOR

- Reckless driving
- Drug/alcohol abuse
- Risky/unprotected Sexual Behaviors
- Thoughtless Actions
- Giving away belongings



## Warning Signs for Suicidal Ideation



Franklin, Joseph C. et al. (2017). "Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research." *Psychological Bulletin*, 143 (2), 187-222. doi:10.1037/0033-2909.143.02.187

## ISOLATION

- Feeling distant from family and friends
- Lack of interest in usual activities [anhedonia]
- Purposely removing self from social situations

## CHANGES IN MOOD

- Feelings of hopelessness or despair
- Inability to regulate emotions
- Rage seeking Behaviors
- Feeling burdensome
- Overwhelming emotions
- Increased agitation
- Distress

## SOCIAL MEDIA

- Posts or comments related to:
- Feelings of hopelessness
  - Suicide/dying
  - Thoughts on death
  - Lack of purpose in life

## CONCERNING COMMENTS

- Any sort of comment about hurting or killing themselves.
- Increased curiosity about medications, weapons, suicide in general.
- Self-depriving comments



# What Leads to Suicide:

**A combination of individual, relationship, community, and societal factors contribute to the risk of suicide. Risk factors are those characteristics associated with suicide—they might not be direct causes.**

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of alcohol and substance abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Cultural and religious beliefs (e.g., belief that suicide is noble resolution of a personal dilemma)
- Local epidemics of suicide
- Isolation, a feeling of being cut off from other people
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Physical illness
- Easy access to lethal methods
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or to suicidal thoughts

# How You Can Help



## Use the 5 Steps to Help Someone in Crisis:

- ❖ **Ask the tough question.** When somebody you know is in emotional pain, ask them directly: “Are you thinking about killing yourself?”
- ❖ **Keep them safe.** Ask if they know how they would do it, and separate them from anything they could use to hurt themselves. *If you think they might be in immediate danger, do not let them leave your office and call 911. If they do leave, call 911 for a wellness check on the individual.*
- ❖ **Be there and listen** to their reasons for feeling hopeless. Listen with compassion and empathy and without dismissing or judging.
- ❖ **Help them connect** to a support system — whether it’s family, friends, clergy, coaches, co-workers, a doctor, or a therapist — who they can reach out to for help.
- ❖ **Follow up.** Reaching out to them in the days and weeks after a crisis can make a meaningful difference — and even help save their life.

# Use the Do's and Don't's

## Do:

- ❖ Be direct. Talk openly and matter-of-factly about suicide.
- ❖ Be willing to listen. Allow expressions of feelings. Accept the feelings.
- ❖ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- ❖ Get involved. Become available. Show interest and support.
- ❖ Offer hope that alternatives are available but do not offer glib reassurance.
- ❖ Take action. Remove means, like weapons or pills.
- ❖ Get help from people or agencies specializing in crisis intervention and suicide prevention.

## Don't:

- ❖ Don't dare him or her to do it.
- ❖ Don't act shocked. This will put distance between you.
- ❖ Don't be sworn to secrecy. Seek support.

# Practice Active Listening

**Acknowledge the Speaker** → This can be as simple as a head nod or an “Uh huh.” By acknowledging the speaker, you are letting them know that you are listening to what they have to say and reminding yourself to pay attention to what is being said to you.

**Respond Verbally** → Asking questions or making statements may help clarify what the speaker is saying. It reminds the speaker that you are listening attentively and that you are here to help them and are truly concerned. Be sure to let the speaker finish talking before asking any questions.

**Summarize What You Hear** → Reflecting on what the listener is saying is also a positive verbal active listening technique. By repeating, paraphrasing or even summarizing what the speaker has said shows that you are putting in effort to better understand them. Use phrases like; “what I’m hearing is...” or, “sounds like you’re saying....” These tactics can also allow the speaker to hear what they are saying, which may help them find positive reinforcement.

**Look the Part** → Keeping eye contact, maintaining good posture, and staying focused are key components of active listening and interpersonal communication. Being distracted and unfocused gives the speaker the impression that you aren’t paying attention. When you actively listen to someone, you are letting them know that you care about what they are saying and can indicate that you are concerned for their health and safety.

# Sycamore Springs is here to HELP!

## Inpatient Treatment

- ❖ The Inpatient Program at Sycamore Springs is designed to provide intensive, highly-structured treatment for adults, ages 18 and older with psychiatric, addictive, and co-occurring disorders.
- ❖ Patients admitted to the psychiatric program receive 24-hour supervised psychiatric treatment and crisis support for mental health issues and co-occurring disorders.
- ❖ Inpatient detox services include medically assisted detox and therapeutic interventions for alcohol addiction and substance abuse.

## Outpatient Treatment

- ❖ Partial Hospitalization (PHP) → A therapeutic and recovery-focused program offered as a day program to support children, adolescents, and adults who must maintain their work, school, or family schedule. Available treatment tracks include mental wellness, co-occurring, and chemical dependency.
- ❖ Intensive Outpatient Program (IOP) → A program designed for individuals experiencing mental health or substance abuse issues that do not require care or crisis stabilization. IOP offers two specialized tracks, one for mental health and one for substance abuse. Supervised education, training, and skill building may be offered as part of intensive outpatient treatment.

**Treatment begins with a confidential assessment by a qualified mental health professional. Please call 765-743-4400 to schedule an appointment. We also have 24/7 walk-in assessments.**



Changing People's Lives



# Sycamore Springs

*There's hope. There's help.<sup>®</sup>*

Thank you for the opportunity to speak with you today regarding this important topic!

If you have concerns regarding anyone you know, please encourage them to call **765-743-4400** for a no cost assessment.



# Sources

1. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
2. <https://www.psychiatrictimes.com/view/who-is-at-risk-for-suicide-during-covid-19>
3. <https://www.mentalhealthfirstaid.org/2018/12/how-to-help-someone-who-is-suicidal/>