Emotional Support for Families during COVID-19

Lisa Latten, MSEd
Caitlin LeGros, MSN, CNM
Lisa Luxemberg, LMSW
Suzannah Iadarola, PhD, BCBA-D

University of Rochester Medical Center
Good afternoon

Lisa

Caitlin

Lisa

Suzannah
Disclosures

We have no disclosures to report
How are we all doing?
It’s okay to be angry and anxious

Photo cred: freestocks.org via Pexels
You can't pour from an empty cup.
Take care of yourself first.

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Who feels like they are on OVERLOAD?

THIS IS FINE.
If you had to make a business card right now, what would you job titles be?

Parent
Caregiver
Teacher
Support person
Therapist
Mental health coach
House cleaner and professional disinfecter
Full-time chef
Entertainer

PLUS! Whatever your **actual job** might be
Additional Challenges

- MY- BRAIN has TOO many tabs OPEN
We cannot be everything to everyone all the time
Struggling with lack of control

= beyond our control

Where can we find control within what goes on inside?
Changing our mindset for survival

Photo cred: chrupka via Canva
Expect plateaus and regression
Focus on other types of learning
You have permission
to let go of your usual high standards during this uncertain time
for yourself and for others
Self care around letting go

Keeping a consistent routine as much as possible

• Getting everyone dressed in the morning
• Keeping sleep and eating schedules

And this may not be easy or possible!
Focusing effort on what is important to you

Packet and link overload- can we agree that enough is enough?

Self-care might be deleting that email or throwing the packet in a corner

Or taking a break from the news
Balancing letting go and advocacy

What is important to you in the moment might be advocating for what your child needs

• Okay to communicate with providers around fulfilling responsibilities

• It is okay not to have a mini school in your living room

I’ll allow it
Take it one day at a time

MY FAVORITE COLOR IS NO PANTS.

A successful day this week might just mean that you kept clothes on your kid.
Keep your social support network going

Creativity around social interactions
SELF CARE MENU

SECONDS
- Take a break while walking around the car after putting the kids in their car seats
- Turn your phone off
- Moment of silence
- Congratulate yourself on doing something small
- Savor the moment when something good happens
- Wear your favorite perfume

MINUTES
- Burn a candle
- Have a cup of tea or coffee
- Take 10 deep breaths
- Quick meditation or prayer
- Put music on (and dance?)
- Stretch
- Call someone you love
- Conversation with a friend
- Give a compliment
- Write a thank you note
- Buy some flowers
- Go outside!
- Create relaxing morning routine
- Do something creative
- Go for a walk
- Mini pamper session

HOURS
- Declutter a space/clean
- Watch your favorite movie again
- Read a good book
- Take a nap
- Get a massage
- Bubble bath/hot shower
- Unplug from technology for an hour
- Social media break
- Make your favorite meal
- Order out dinner
- Try a new, healthy recipe
- Write down 5 things you are thankful for
- Heat up buckwheat neck pillow in microwave
- Yoga
- Date night (in or out) with partner or friends
- Have an intense workout session

LONGER
- Try a new hobby or restart an old one
- Try something new!
- Therapy
- Mindfulness, meditation
Supporting Mental Health

Photo Cred: Madison Inouyue via Pexels
Reasons to Seek Mental Health Support

You feel like you need some additional support in your life

It may help with underlying stress that is below your field of awareness

Provides a dedicated space to process emotions
Mental Health and the Family

Multidirectional effects of mental health with all those in your circle

- Children
- Partners
- Extended family

Getting help to support your emotional wellness is good for everyone
Reasons to Definitely Seek Support

Worries or negative thoughts are out control

Worry or negativity or anger keep you from living your life

Changes in sleeping, eating, or other daily functions

Thoughts of hurting yourself or others
Rethinking your Relationship with the Mental Health System

Different sense of openness to services – which you may not have needed in the past

Becoming okay with asking for help

Understanding mental health service system

Understanding therapy and medication supports
Accessing Mental Health Services

Crisis numbers:

**Lifeline (in any county)**-211 (access to supports for food, housing, mental health, legal, family, utilities)

Crisis Text Line- CONNECT to 741741: text chat with a person

www.psychologytoday.com- find a therapist in your area.

Many therapists are taking new clients during this time and will set up a video session with you. The cost will depend on the type of insurance you have and if the therapist takes it. Some therapist do self pay with a sliding scale for the cost.

All counties also have a County Mental Health Center
Additional Mental Health Supports

**COVID-19** Emotional Support Line: 1-844-863-9314

([https://emergency.cdc.gov/coping/selfcare.asp](https://emergency.cdc.gov/coping/selfcare.asp))

Visit the [Disaster Distress Help Line](https://emergency.cdc.gov/coping/selfcare.asp), call 1-800-985-5990, or text TalkWithUs to 66746

Visit the [National Domestic Violence Hotline](https://emergency.cdc.gov/coping/selfcare.asp): call 1-800-799-7233 and TTY 1-800-787-3224
Mindfulness

A way to reset your mind and your mood

Awareness of thoughts, feelings, sensations

Gives us more control over thoughts, feelings, and distress

Emphasizes

• Nonjudgmental acceptance
• Staying present (instead of avoiding the negative)
• Purposeful attention

Kabat-Zinn, 1994
Mindfulness Practice

Mind Full, or Mindful?
How to fit practice into your day
Self Compassion
Ending with our favorites

Lisa’s favorite “Quarantine Cookies”:
Caitlin’s Quarantine Cocktail: The Side Car

**Ingredients**

1 1/2 oz Cognac (or Whiskey)

3/4 oz Cointreau (or Orange juice, orange flower water or triple sec)

3/4 oz Fresh lemon juice

Garnish: Orange twist

**Steps**

Add all ingredients into a shaker with ice and shake.

Strain into the prepared coupe glass.

Garnish with an orange twist.
Resources

Mindfulness resources:

- [www.stopbreathethink.org](http://www.stopbreathethink.org)
- [www.guilford.com/MBCT_audio](http://www.guilford.com/MBCT_audio)
- [https://palousemindfulness.com/index.html](https://palousemindfulness.com/index.html) (Online Mindfulness Course)
- 10% Happier podcast
- Breathing circle for Apple Watch
Mindfulness Apps

Stop, Breathe, Think
Sanity & Self
Calm
Headspace
Simple Habit
Smiling Mind
liberate
COVID Resources

Not to overwhelm you....but here is a thematically organized resource document related to COVID-19, developed by Developmental and Behavioral Pediatrics at the University of Rochester Medical Center

https://rochester.box.com/s/1p6ai210gceq73ah5xozw3nrezailbmq

And another comprehensive list:
http://thetransformcenter.org/covid-19
Thank you! Questions?

suzannah_iadarola@urmc.rochester.edu
lisa_latten@urmc.rochester.edu
caitlin_legros@urmc.rochester.edu
lisa_luxemberg@urmc.rochester.edu
Medicine of the Highest Order