We are Going to Get Through This Together!!

How can we promote resilience and take care of our social and emotional health as we live through all this uncertainty?

Naming the feeling helps! But what are we all feeling?

Grief? Profound sadness and despair following a loss.

Let's brainstorm together how to take care of our emotional wellbeing during difficult times.
Maine CDC Director Dr. Nirav Shah:

“It’s more than confusing, it’s downright bewildering...and I’ve been trying to get a sense of how I, myself, personally feel. I alternate from being upset, disappointed, powerless, confused, and frankly, sometimes unmoored. And what is all of that? At least for me, when I throw it all into a blender, what I get is one thing: which for me, is grief.

I think many of us right now are grieving not only the lives of Maine people we’ve lost, but also grieving the lives that we ourselves used to have not too long ago; our own personal remembrances of things past. The hobbies that used to define us, the habits and haunts we used to enjoy.

For many of us, those have been replaced by...nothing. And I think for a lot of us we’re collectively grieving that loss, that rapid, sudden change.”
Losses we may be feeling in this crisis

- Lack of predictability
- Immobility
- Loss of connection
- Numbing and spacing out
- Loss of sense of time and sequences
- Loss of safety
- Loss of sense of purpose

Dr. Bessel van der Kolk (2020)
Resilience

Are you using skills learned from hard times in past to help get through this?

The skills we are teaching our children now will set them up to handle adversity in the future.
It’s easy to feel helpless and that we have no control over the situation right now.

However, there are many steps we can each take to regain some control in our lives.
Creating Predictability

- Create schedules
- Find activities or events to look forward to
- Create a calendar of connections and activities

Dr. Bessel van der Kolk (2020)
Creating a Sense of Mobility

- Move your body/Get outside
  - Exercise
  - Go for a walk
  - Go for a drive or bike ride
- Visit the world virtually
  - Take virtual tours of places around the world
  - Watch live webcams

Dr. Bessel van der Kolk (2020)
Creating a Sense of Connection

- Spend time together as a family
  - Family meals
  - Games
  - Storytelling

- Connect with others virtually
  - Calls or texts
  - Video chats
  - Social media

Dr. Bessel van der Kolk (2020)
Creating a More Mindful State

- Use self-regulation tools to help “notice yourself”
  - Yoga
  - Mindfulness
  - Meditation
  - Breathing exercises
- Notice your emotions and talk about them with others
Creating a Sense of Time and Hope for the Future

- Remember: **This will not last forever**
- Notice that every moment is different than the next
- Make future plans for when the current situation has passed

Dr. Bessel van der Kolk (2020)
Creating a Sense of Safety

- Social distancing doesn’t mean social isolation -- connect with friends & loved ones
- Balance media exposure
- Reach out for support if you feel unsafe

Dr. Bessel van der Kolk (2020)
Regaining a Sense of Purpose

- Work on a project
- Volunteer/Help others
- Learn new skills
- Creatively express yourself
- Continue to set achievable goals
Avoiding guilt and shame when you’re trying to “do the right thing”

- Everyone is unique and responds differently to crises
  - We may be in the same storm, but we are all in different boats
- There is no “right way” right now: You need to do what is best for you and your family
- You are not a “failure” for feeling overwhelmed or emotional, not sticking to a plan, making mistakes, or not being “the perfect parent”
- Let’s show compassion for one another and ourselves during this challenging time
Let’s Remember to Laugh Too!

HOME SCHOOLING UPDATE:
MY CHILD JUST SAID
I HOPE I DON'T HAVE THE SAME TEACHER NEXT YEAR
Reach out to your School Social Workers and Counselors!

Parent Resource Page

Click to find out more!