



# FINDING MEANING IN TIMES OF UNCERTAINTY

Coping and Self-Care During the COVID-19 Pandemic

# A DIFFERENT FORM OF ADVERSITY

- COVID-19 is an invisible threat
- Doing nothing can do a lot
- We help others through self-care
- Pandemic Vs Other Disasters
- We learn about ourselves in times of despair

# WORK WITH TOLERANCE AND RESPECT

- Learn from proper sources
- The internet can be useful if used correctly
- Perception is reality
- Respect the perspective of others
- Blame and intolerance only hurts you
- Empathy is essential

# STRESS

- Stress is not necessarily bad
- Chronic stress *is* bad mkay?
- Adrenal gland releases cortisol (stress hormone)
- Nurturing influences our response to stress
- Exercise and meditation reverse the effects of cortisol on the brain

Source: <https://youtu.be/WuyPuH9ojCE>

- Adrenal glands also release epinephrine (adrenaline) and norepinephrine
- Can lead to hypertension and increased chances of heart attack or stroke
- Cortisol increases appetite and creates cravings for comfort food
- Stress hormones affect the function of immune cells leading to susceptibility to infections.

Source: <https://youtu.be/v-tlZ5-oPtU>

## STRESS AND YOUR BODY

# FINDING MEANING VS GIVING MEANING

As humans we want to find patterns and structure

At times, we must give a situation its own unique pattern

**COPING... EASIER  
SAID THAN DONE**

Integrate self-care and coping  
into your routine (versus adding)



# ~~POSITIVE~~ COMPASSIONATE SELF-TALK, SELF-VALIDATION, AND RECOGNITION

Think of it as self-empathy not entitlement





## GENERIC SELF-CARE ADVICE

Exercise, yoga, meditation, rock climbing... you name it



# UNCERTAINTY

We are creatures of habit and at times we reject change



# HELPING MY ~~CHILD~~ SELF

Children do not always perceive self-sacrifice as a motivator  
Improved communication can be aided by reflecting,  
modeling, and empathy

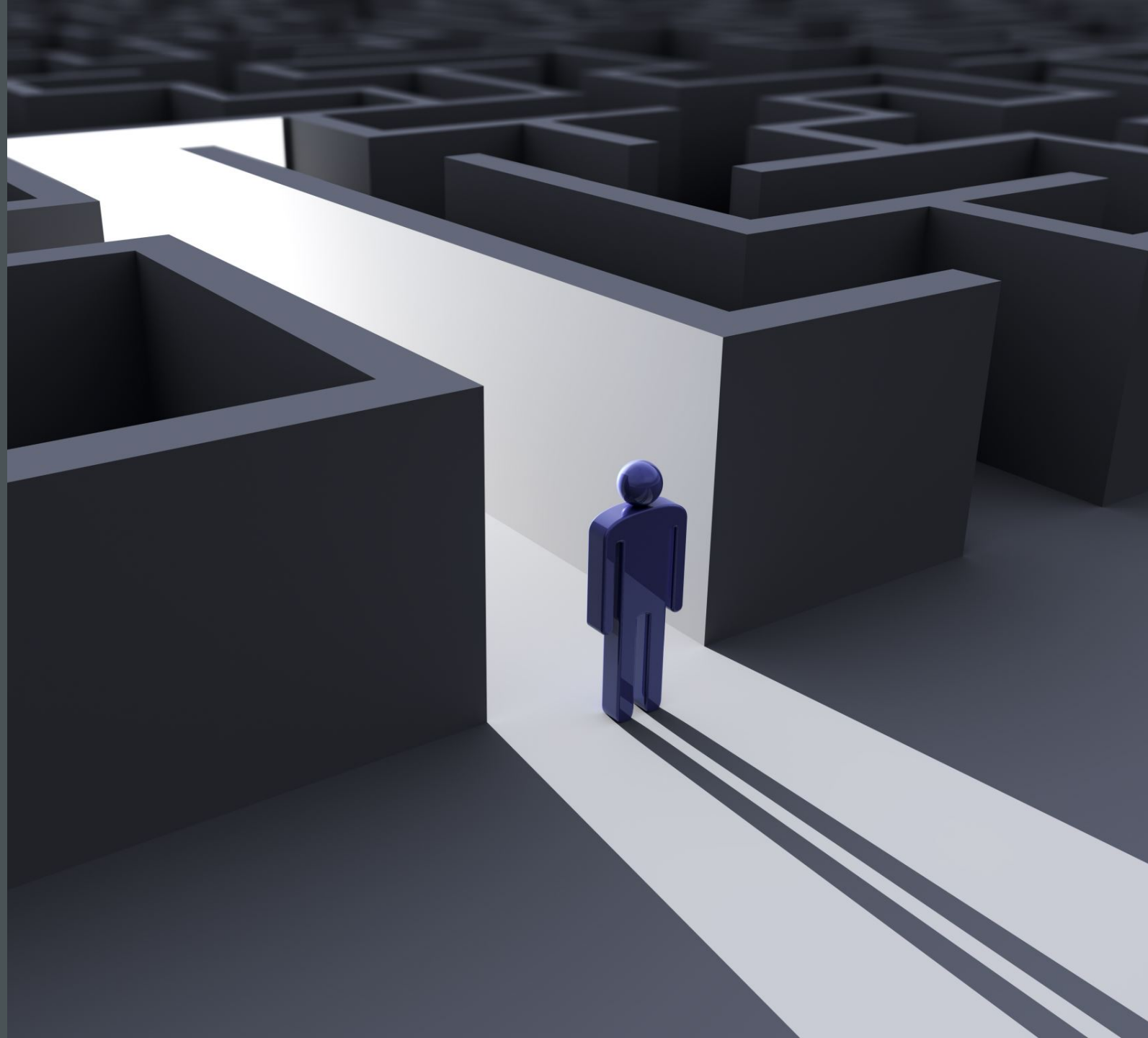


## DEPRESSION AND ANXIETY

- WE ARE STILL EVOLVING AND CANNOT PROCESS SO MUCH INFORMATION ALL AT ONCE
- BE MINDFUL OF HOW MUCH AND WHAT TYPE OF INFORMATION YOU CONSUME
- THOUGHT REFRAMING DOES NOT OCCUR INSTANTLY

# FACING YOURSELF

Crisis as an opportunity and  
welcoming the challenge



# WHAT YOU RESIST, PERSISTS

Carl Jung contended that “what you resist, not only persists, but will grow in size.”

Do not focus on how to fix the problem but what the problem is telling you.

# REINVENTING YOURSELF

“Man is able to live and even to die for the sake of his ideals and values” –Viktor Frankl

The being who is satisfied and content rarely seeks out improvement or deeper meaning. – Mark Manson