

Mental Health Strategies for Coping during Challenging Times

Gleaned from 5 years of learning about how to deal
with addiction

May 1, 2020

Program Overview

- ▶ Personal journey
- ▶ Key strategies that translate to coping NOW
- ▶ How to utilize these tools for dealing with
 - ▶ Family/friends
 - ▶ Employees
- ▶ Sharing, Q&A (confidential to this meeting)

My Personal Journey

- ▶ How could this happen to ME?
 - ▶ Identifying when it was time to take action.
 - ▶ Joining Families Anonymous.
 - ▶ Understanding that addiction is an illness, not a moral issue.
 - ▶ Moving forward *one day at a time*.
 - ▶ Finding tools from FA that were helping me during this crisis.

Families Anonymous “Serenity Prayer”

“Help me find the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Strategies for Coping Now

▶ **Letting go of guilt.**

- ▶ We didn't cause it, we can't control it, we can't cure it.
- ▶ We cannot do everything!
 - ▶ Setting small goals (it's ok to be sad and tired).
 - ▶ Self care vs self medicating.

▶ **Letting go of self pity.**

- ▶ Blocks effective action.
- ▶ The more we indulge in it the more we feel that the answers to our problems is a change in others, not in ourselves.

▶ **Changing our *reactions*.**

Strategies for Coping Now: utilizing the tools

▶ **Avoid going down the rabbit hole!**

- ▶ Exhaustion from using our energy to mull over the past with regret or in trying to figure out ways to escape a future that has yet to arrive.
- ▶ Stop projecting an image of the future.
 - ▶ Anxiously hovering over it for fear that it will or won't come true- uses all our energy and leaves us unable to live today.
 - ▶ Living today is the only way to have a life.

▶ **Empathy**

- ▶ Being kind to others and ourselves.
 - ▶ Giving others credit for attempts at progress and for having many victories that are unknown to us.
- ▶ **Difference between helping and enabling (the lines have blurred).**
 - ▶ Children, parents, employees

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

HOW OTHERS REACT



Review

- ▶ Letting go of guilt and self-pity.
- ▶ The difference between what we can and can't control.
- ▶ Avoid going down the “rabbit hole” of projecting a future that has yet to arrive.
- ▶ Living one day at a time.
- ▶ Self-care and serenity.

Sharing, Q&A

Discussion:

- ▶ How does this story apply to you?
 - ▶ Dealing with stressed employees, friends, loved ones.
 - ▶ Young children/teens/young adults back in the home.
 - ▶ Managing fear.
 - ▶ Resources.