



*a brief and resourceful guide in
response to COVID-19*

PROACTIVE



COVID-19



created by:

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FLOURISH WITH HOPE**



VALID.

YOUR WORRY IS VALID.

YOUR FEAR IS VALID.

YOUR FRUSTRATION IS VALID.

YOUR STRESS IS VALID.

YOUR GRIEF IS VALID.

YOUR HUMOR IS VALID.

**EVERYTHING THAT YOU'RE
CURRENTLY EXPERIENCING IS VALID.**

**WE ARE IN A STATE OF CRISIS AND
IT'S ALMOST IMPOSSIBLE TO TURN
YOUR CHEEK TO IT, BECAUSE COVID-
19 IS EVERYWHERE.**

**I AM PROVIDING THIS BRIEF
RESOURCEFUL GUIDE IN HOPES TO
BETTER SUPPORT AND DIRECT YOU
DURING THIS TRYING TIME.**

BREATHE.

SINCE THERE IS A LOT GOING ON RIGHT NOW, IT'S EASY TO GET TRAPPED IN A WEB OF ANXIOUS THOUGHTS. OUR BODY CAN GO FROM CALM TO FREAK OUT MODE, IN A MATTER OF MINUTES. IT'S IMPORTANT TO RECOGNIZE TRIGGERS AND ACKNOWLEDGE WHAT THOUGHTS ARE CREATING THE WORRY SPIRAL. FROM WHAT I KNOW ABOUT MANAGING ANXIETY, WE DON'T WANT TO ADD OR AVOID THE PROBLEM. INSTEAD, WE WANT TO REFRAME, REDIRECT PROBLEM SOLVE AND COPE. FINDING SOME CONTROL AND NORMALCY IS SOMETHING OUR MIND AND BODY YEARN FOR IN A TIME OF DISTRESS. THE BEST THING WE CAN DO IS ENGAGE IN PREVENTIVE AND PROACTIVE CARE, DEVELOP A PLAN TO HELP US DECREASE THE STRESS THAT CAN WREAK HAVOC ON OUR IMMUNE SYSTEM, AND UTILIZE THE RESOURCES AVAILABLE.

PROACTIVE.

ON THE NEXT FEW PAGES, YOU WILL FIND BRIEF SIGNS OF EMOTIONAL DISTRESS, HELPFUL QUESTIONS AND RESOURCES. NOTE THESE ARE NOT COMPREHENSIVE. THE SIGNS AND QUESTIONS ARE NOT MEANT TO MINIMIZE, NOR RESOLVE ALL REACTIONS REGARDING COVID-19. THEY WERE CREATED TO SHINE LIGHT TO WHATEVER IS TAKING PLACE WITHIN YOU. IF YOU FIND THAT YOU ARE STRUGGLING TO MANAGE THE IMPACT OF COVID-19, GO TO THE [PSYCHOLOGY TODAY](#) LINK TO ASSIST YOU IN YOUR SEARCH FOR A CLINICIAN. IN ADDITION, COMMON HOTLINE NUMBERS ARE ALSO PROVIDED. BOTH CAN BE FOUND ON THE RESOURCE PAGES.

EMOTIONAL DISTRESS.

APPETITE CHANGES

**LOSING INTEREST IN ACTIVITIES AND
RELATIONSHIPS**

ENERGY CHANGES

SOMATIC SYMPTOMS (ACHES, PAINS, HEADACHES)

FEELINGS OF HELPLESSNESS AND HOPELESSNESS

**EXCESSIVE USE OF ALCOHOL, DRUGS,
PRESCRIPTION MEDICATION, AND SMOKING**

EXCESSIVE WORRY

GUILT

ADJUSTMENT DIFFICULTIES

**SAFETY CONCERNS TO SELF OR OTHERS (IF YOU
ARE AT RISK, CONTACT 911)**

**SAMHSA PROVIDES ADDITIONAL WARNING SIGNS
SPECIFIC TO CHILDREN AND TEENS, ADULTS, FIRST
RESPONDERS AND RECOVERY WORKERS.**

SOURCE:

**[HTTPS://WWW.SAMHSA.GOV/FIND-
HELP/DISASTER-DISTRESS-HELPLINE/WARNING-
SIGNS-RISK-FACTORS](https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors)**

FIGHT OR FLIGHT.

THIS HAPPENS WHEN OUR MIND AND BODY SENSES AND REACTS TO A THREAT. THERE ARE CERTAIN PARTS OF OUR BRAIN THAT IS KNOWN TO REGULATE AND PROTECT. WHEN WE PERCEIVE A THREAT, OUR AMYGDALA WILL REACT (VENHO, 2018). THE AMYGDALA'S ROLE IS RESPONSIBLE FOR EMOTIONS, SURVIVAL INSTINCTS AND MEMORY (THE AMYGDALA: DEFINITION, ROLE & FUNCTION, 2015). ONCE THE AMYGDALA IS ACTIVATED, OUR HYPOTHALAMUS REACTS (VENHO, 2018). OUR HYPOTHALAMUS IS RESPONSIBLE FOR CONTROLLING BODY TEMPERATURE, HUNGER, THIRST, EMOTIONS, SLEEP, SEX DRIVE AND CIRCADIAN RHYTHMS (JOHNSON, 2018). WHEN THIS TAKES PLACE IT LETS OUR SYMPATHETIC NERVOUS SYSTEM KNOW SOMETHING IS WRONG (VENHO, 2018). WHICH THEN CREATES THE FIGHT OR FLIGHT RESPONSE (LANESE, 2019) . AT THIS POINT, OUR ADRENAL CORTEX WILL THEN RELEASE CORTISOL FOR CONTINUED ALERTNESS. AS THIS KICKS IN, OUR BODY WILL HAVE A DIFFICULT TIME REGULATING AND RESPONDING TO STRESS. OUR BLOOD PRESSURE MAY ALSO RISE (SARGIS, 2015). IN SUMMARY, IF WE DON'T LEARN HOW TO QUICKLY RESPOND AND REACT TO STRESS IN A HEALTHY MANNER, WE CAN CONTINUE TO REMAIN IN A STATE OF CONSTANT ALERTNESS WHICH CAN THEN SEND OUR BODY INTO OVERDRIVE AND WEAKEN OUR OVERALL FUNCTIONING.

INSIGHT.

- WHAT IS CREATING THIS FEAR?
- WHAT IS FEEDING THIS FEAR?
- WHAT THREE WORRIES DOES COVID-19 CREATE?
- HOW IS THIS THOUGHT HAVING AN IMPACT ON MY BODY?
- WHERE DO I FEEL THE STRESS IN MY BODY?
- WHEN I THINK THESE THOUGHTS, HOW DO I REACT?
- WHEN I THINK THESE THOUGHTS, HOW DOES IT IMPACT MY ABILITY TO GAIN CONTROL AND NORMALCY?
- WHAT IS IN MY CONTROL?
- WHAT IS OUT OF MY CONTROL?
- WHAT CAN I DO TO COPE WITH THIS?
- WHO IN MY SUPPORT SYSTEM VALIDATES ME, ENCOURAGES ME, DISTRACTS ME, SUPPORTS ME?
- WHAT CAN I DO TO FURTHER REDUCE THE RISK OF COVID-19?
- WHAT IS MY PLAN IF I AM EXPOSED TO COVID-19?
- WHAT LIMITS CAN I PLACE TO ASSIST WITH FEAR REDUCTION?
- WHAT ARE WAYS THAT I CAN INCREASE FACT BASED INFORMATION VS. INDUCED FEAR INFORMATION?
- WHAT HAVE I DONE IN THE PAST THAT HAS BEEN EFFECTIVE AT REDUCING MY STRESS?
- WHAT ACTIVITIES CAN I ENGAGE IN THAT WILL BRING ME CALMNESS AND RELAXATION?
- WHAT LIFTS MY SPIRITS IN A TIME OF DISTRESS?

COPING.

PRAYER

MEDITATION

VISUAL IMAGERY

BREATHING EXERCISES

BODY SCAN

GROUNDING TECHNIQUE

PROGRESSIVE MUSCLE RELAXATION

JOURNALING

LOCUS CONTROL

CHURCH ONLINE

WALKS

REST AND SLEEP

EXERCISE WITH AT HOME ACTIVITIES

ADAPTATION AND ACCEPTANCE

USING YOUR SUPPORT SYSTEM

BATHS

PLAY TIME WITH PETS

READ

MUSIC

NETFLIX

ART

MEMES

VIDEO CALLS

YOUTUBE

HEALTHY EATING

ACTS OF KINDNESS

AT HOME FACIALS

YOGA

RESOURCES.

CLINICAL RESOURCES

PSYCHOLOGY TODAY

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US](https://www.psychologytoday.com/us)

SUICIDE PREVENTION LIFELINE

1-800-273-8255

PSYCHCENTRAL PROVIDES COMMON HOTLINE PHONE NUMBERS

[HTTPS://PSYCHCENTRAL.COM/LIB/COMMON-HOTLINE-PHONE-NUMBERS/](https://psychcentral.com/lib/common-hotline-phone-numbers/)

RELAXATION RESOURCES

YOGA WITH ADRIENE

[HTTPS://WWW.YOUTUBE.COM/USER/YOGAWITHADRIENE](https://www.youtube.com/user/yogawithadriene)

TEDX ON MINDFULNESS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IEBLJDB2-VO](https://www.youtube.com/watch?v=IEBLJDB2-VO)

DISTRACTION RESOURCES

FUNNY ANIMALS VIDEO

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=VB4CCHHYOQY](https://www.youtube.com/watch?v=VB4CCHHYOQY)

IMPRACTICAL JOKERS

[HTTPS://WWW.TRUTV.COM/SHOWS/IMPRACTICAL-JOKERS](https://www.trutv.com/shows/impractical-jokers)

RESOURCES.

COVID-19 RESOURCES

CDC ON HOW TO PREPARE

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREPARE/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/prepare/index.html)

CDC ON SHARE FACTS ABOUT COVID-19

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/ABOUT/SHARE-FACTS-H.PDF](https://www.cdc.gov/coronavirus/2019-nCoV/about/share-facts-h.pdf)

APA ON KEEPING YOUR DISTANCE TO STAY SAFE

[HTTPS://WWW.APA.ORG/PRACTICE/PROGRAMS/DMHI/RESEARCH-INFORMATION/SOCIAL-DISTANCING](https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)

WHO ON CORONAVIRUS DISEASE (COVID-19) ADVICE FOR THE PUBLIC: MYTH BUSTERS

[HTTPS://WWW.WHO.INT/EMERGENCIES/DISEASES/NOVEL-CORONAVIRUS-2019/ADVICE-FOR-PUBLIC/MYTH-BUSTERS](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)

RESOURCES.

COVID-19 MENTAL HEALTH RESOURCES

NAMI: COVID-19 INFORMATION AND RESOURCES

[HTTPS://WWW.NAMI.ORG/GETATTACHMENT/PRESS-MEDIA/PRESS-RELEASES/2020/COVID-19-AND-MENTAL-ILLNESS-NAMI-RELEASES-IMPORTANT/COVID-19-UPDATED-GUIDE-1.PDF?LANG=EN-US](https://www.nami.org/getattachment/press-media/press-releases/2020/covid-19-and-mental-illness-nami-releases-important/covid-19-updated-guide-1.pdf?lang=en-us)

ADAA ON CORONAVIRUS ANXIETY- HELPFUL EXPERT TIPS AND RESOURCES

[HTTPS://ADAA.ORG/FINDING-HELP/CORONAVIRUS-ANXIETY-HELPFUL-RESOURCES](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources)

GOOD THERAPY ON HOW TO COPE WITH THE MENTAL HEALTH IMPACTS OF COVID-19

[HTTPS://WWW.GOODTHERAPY.ORG/BLOG/HOW-TO-COPE-WITH-THE-MENTAL-HEALTH-IMPACTS-OF-COVID-19-0314207](https://www.goodtherapy.org/blog/how-to-cope-with-the-mental-health-impacts-of-covid-19-0314207)

APA ON CORONAVIRUS THREAT ESCALATES FEARS - AND BIGOTRY

[HTTPS://WWW.APA.ORG/NEWS/APA/2020/02/CORONAVIRUS-THREAT](https://www.apa.org/news/apa/2020/02/coronavirus-threat)

RESOURCES.

COVID-19 PARENT RESOURCES

COVID-19 BOOK FOR EDUCATING CHILDREN

[HTTPS://WWW.MINDHEART.CO/DESCARGABLES?FBCLID=IWAR2IJDFFHMIKH1BRI5-NL5TPQBN_KJJWYTIVGQJ1WK64V_SJH3XLNEXGWLG](https://www.mindheart.co/Descargables?fbclid=IWAR2IJDFFHMIKH1BRI5-NL5TPQBN_KJJWYTIVGQJ1WK64V_SJH3XLNEXGWLG)

TALKING TO CHILDREN ABOUT COVID-19: A PARENT RESOURCE

[HTTPS://WWW.NASPONLINE.ORG/RESOURCES-AND-PUBLICATIONS/RESOURCES-AND-PODCASTS/SCHOOL-CLIMATE-SAFETY-AND-CRISIS/HEALTH-CRISIS-RESOURCES/TALKING-TO-CHILDREN-ABOUT-COVID-19-\(CORONAVIRUS\)-A-PARENT-RESOURCE](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

SOURCES.

FIGHT OR FLIGHT SOURCES

VENHO, NIINA. "PART 1: FIGHT OR FLIGHT RESPONSE." 21 MARCH 2018.

[HTTPS://WWW.MOODMETRIC.COM/FIGHT-FLIGHT-RESPONSE/](https://www.moodmetric.com/fight-flight-response/). ACCESSED 16 MARCH 2020.

"THE AMYGDALA: DEFINITION, ROLE & FUNCTION."

STUDY.COM, 26 OCTOBER 2015,

[STUDY.COM/ACADEMY/LESSON/THE-AMYGDALA-DEFINITION-ROLE-FUNCTION.HTML](https://www.study.com/academy/lesson/the-amygdala-definition-role-function.html). ACCESSED 16 MARCH 2020.

JOHNSON, JON. "WHAT DOES THE HYPOTHALAMUS DO?" 22 AUGUST 2018.

[HTTPS://WWW.MEDICALNEWSTODAY.COM/ARTICLES/312628](https://www.medicalnewstoday.com/articles/312628). ACCESSED 16 MARCH 2020.

LANESE, NICOLETTA. "FIGHT OR FLIGHT: THE SYMPATHETIC NERVOUS SYSTEM." 9 MAY 2019.

[HTTPS://WWW.LIVESCIENCE.COM/65446-SYMPATHETIC-NERVOUS-SYSTEM.HTML/](https://www.livescience.com/65446-sympathetic-nervous-system.html). ACCESSED 16 MARCH 2020.

SARGIS, M. ROBERT. "AN OVERVIEW OF THE ADRENAL GLANDS." 8 APRIL 2015.

[HTTPS://WWW.ENDOCRINEWEB.COM/ENDOCRINOLOGY/OVERVIEW-ADRENAL-GLANDS](https://www.endocrineweb.com/endocrinology/overview-adrenal-glands). ACCESSED 16 MARCH 2020.

CLAUDIA STANLEY, LCSW

Flourish with Hope

**MY
BIGGEST
HOPE**

**IS THAT YOU FIND A
SENSE OF CALMNESS
DURING THIS TIME.**

**IF YOU ARE INTERESTED IN
SEEKING CLINICAL SUPPORT,
DO NOT HESITATE TO
CONTACT ME. I OFFER ONLINE
SERVICES TO INCREASE
ACCESS TO TREATMENT.**

CONTACT INFORMATION

W: [HTTPS://FWHCOUNSELING.COM](https://fwhcounseling.com)

E: THERAPY@FWHCOUNSELING.COM

P: 562.457.6459

A: 3309 WINTHROP AVE., SUITE 76

FORT WORTH, TX 76116

AVAILABLE VIRTUALLY FOR SESSIONS