

ORDER OF BUSINESS

- understanding difference between stress and anxiety
- understanding why we're all simultaneously fatigued and hyperactivated
- impact on health and relationships
- practical tips
- Q & A







WHAT'S INCREASED?

- Time
- Uncertainty
- Change
- Active thinking
- Possibilities
- Job uncertainty

WHAT'S DECREASED?

- Knowledge
- Control
- External Reinforcement
- Space
- Coping Outlets
- Frustration tolerance

WHAT'S INCREASED?

- Time w/ family
- Time alone
- Stress for everyone
- Boredom
- Observations
- Concern and criticism

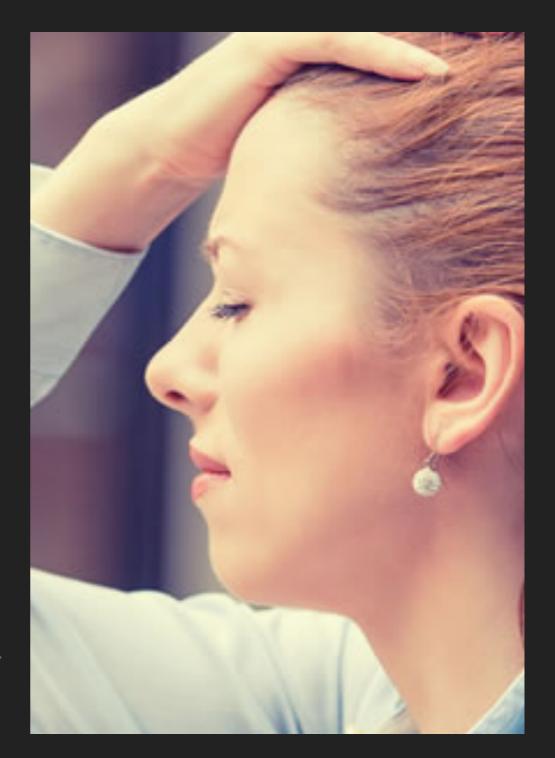
WHAT'S DECREASED?

- Time with friends
- Time with colleagues
- Physical contact and interaction
- Empathy

THE EFFECTS

- Constant state of fear
- Heightened state of arousal
- Chronic threat response
- Hyper-arousal survival mode

Our sympathetic nervous system can only stay in that overwhelmed, almost frenetic state for so long before we crash



THE CONSEQUENCES

- Poor sleep
- Loss of interest & pleasure
- Loss of human connection & interaction
- boredom turns to numbness turns to depression
- Physical and emotional exhaustion / collapse
- Hopelessness
- Helplessness
- emotional outbursts





RESET EXPECTATIONS

- Focus on what you can control
- Be intentional, not passive (locus of control)
- Reset expectations
- Create a schedule
- Focus on short, specific units of time
- Practice self-compassion
- Stay active (i.e., move around)
- Ask for what you need

THERAPEUTIC TOOLS & TIPS

Mindfulness activities

- Yoga
- Meditation
- Deep breathing

Externalizing activities

- Journaling / Writing
- Art
- Music



Grounding tools vs. Interventions

- Can you do anything about it?
- If not, employ grounding technique
- If you can then employ behavioral intervention

COGNITIVE REFRAMING - CHALLENGING DISTORTED THINKING

- Making assumptions
- Catastrophizing
- Fixation on the negative
- All-or-nothing
- Mind Reading

- Personalization
- "Shoulds" /
 Perfectionism
- "I can't"
- Intolerance of Uncertainty

FAMILY AND RELATIONSHIP TIPS - IT BEGINS AND ENDS WITH COMMUNICATION

- Prioritize your self-care
- Talk often
- Be honest
- Clarify roles and needs
- Carve out your space
- Adjust boundaries respect boundaries
- Monitor making assumptions

- Schedule together time, alone time, and dates
- Prioritize kindness,compassion, and empathy
- Be flexible and adaptable
- Get creative
- Unplug
- Don't sweat the small stuff

SINGLE OR DATING

- Be intentional about your intentions
- Focus on you
- Avoid over-reliance on someone meeting all your needs
- ▶ Embrace this time for friendship and family
- Accept loneliness when it hits
- Reach out don't wait for others to reach out to you

QUESTIONS?



THANK YOU

Jonathan Hetterly, LCMHC - Southeast Psych