

Welcome! Thanks for joining us today.

The EAP Self-Care session will begin soon.

While you are waiting, please type any questions you would like us to answer today in the Question or Chat Box for the presenter.

SELF-CARE WITH EAP



WASHINGTON STATE

Presented by: **Matt Gilbert, LMFT**
Kari Uhlman, LMHC

Taking care of your mental health in
times of stress and uncertainty



Challenge yourself to stay in the present.

Practice Mindfulness

[Square Breathing](#)



Take Care of your Physical Needs



Separate what is in your control from what is not.



- Wash your hands.
- Remind others to wash theirs.
- Take your vitamins.
- Set boundaries around when and how often you consume media.
- If teleworking, work some outside. Take walking breaks. Video connect with colleagues more frequently.
- Decide who you want to show up as today.



Do what helps you feel a sense of safety.



- What music helps you feel calm?
- What smells bring you peace?
- What objects bring comfort?
- Public health and government officials are preparing for worst-case scenarios because that's their job. But as individuals, we don't need to expect the worst. The majority of people who have covid-19 recover. The smartest scientists are working on a vaccination.
- Is it social distancing or depression?

Get outside in nature—
even if you are avoiding crowds.



Kindness is contagious



"Here's the deal. The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed - to be seen, heard and companioned exactly as it is."

~ Parker Palmer ~

Practice Gratitude



Stay connected and reach out if you need more support.



Resilience can be learned



BREAKING:

GETTING OUTDOORS **NOT CANCELLED**

MUSIC **NOT CANCELLED**

FAMILY **NOT CANCELLED**

READING **NOT CANCELLED**

SINGING **NOT CANCELLED**

LAUGHING **NOT CANCELLED**

HOPE **NOT CANCELLED**

LET'S EMBRACE WHAT WE **HAVE.**

unsinkable.

When do I need help?

Trauma (or Secondary Traumatic Stress)

- Re-experiencing (flashbacks, nightmares)
- Avoidance (thoughts, people, situations)
- Negative cognitions and mood (blame, fear)
- Arousal & reactivity (irritable, reckless, concentration, sleep issues)

•Anxiety

- Is your worry excessive in intensity, frequency, or amount of distress it causes?
- Do you find it difficult to control the worry (or stop worrying) once it starts?

•Depression

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless

EAP is here to support you

- Free for you and your family
- Confidential
- Easy to access
- Expert professionals
- Practical help
- From everyday concerns to serious issues
- Caring and respectful
- Culturally relevant
- Supporting the WHOLE person



eap.wa.gov
877-313-4455

Resources

CDC – [Emergency Responders: Tips for taking care of yourself](#)

SAMHSA – [Tips for social distancing, quarantine, and isolation during an infectious disease outbreak](#)

SAMHSA – [Tips for caregivers, parents, and teachers during infectious disease outbreaks](#)

AFSP – [Taking Care of Your Mental Health in the Face of Uncertainty](#)

CDC – [Manage Anxiety & Stress](#)

WHO – [Coping with stress during the 2019-nCoV outbreak](#)

GREATER GOOD BERKELEY – [Five science-backed strategies to build resilience](#)

APA – [Building your resilience](#)

Tara Brach – [RAIN: A practice of radical compassion](#)