

# Coping in the Face of a Pandemic

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# Resources



# Mindfulness Techniques

## 5,4,3,2,1 Grounding Technique

- **5:** Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the wall, anything in your surroundings.
- **4:** Acknowledge **FOUR** things you can touch around you. It could be your hair, the arm of your chair, or the ground under your feet.
- **3:** Acknowledge **THREE** things you hear. This could be any external sound. It could be the sound of the fan or a car passing by. Focus on things you can hear outside of your body.
- **2:** Acknowledge **TWO** things you can smell. Maybe you are in your home office and smell a freshly sharpened pencil, or maybe you have a cup of coffee or tea with you.
- **1:** Acknowledge **ONE** thing you can taste or alternatively one thing you are grateful for.

<https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>

## CALM Progressive Muscle Relaxation

- **Chest and abdomen:** Breathe in and tense your (*chest/abdomen*) for a few seconds (count of 5). Breathe out, and suddenly and completely relax (do not relax it gradually).
- **Arms:** Breathe in and tense your arms for a few seconds (count of 5). Study the tension. Now Breathe out and relax. Let your arms drop down to your sides.
- **Legs:** Breath in and tense your legs. You can tense your legs by lifting them up off the floor and pointing your toes away from you (count of 5). Now breath out and relax. Note the difference once again between the tension and the relaxation.
- **Mouth and face:** Clench your jaw, wrinkle your forehead, and close your eyes tightly (count of 5). Feel the tension. Now breath out and relax. Let those muscles become loose. Study the contrast between the tension and relaxation.

# Links

- Caring for yourself in the face of difficult work
  - [www.proqol.org](http://www.proqol.org)
  - [www.compassionfatigue.org](http://www.compassionfatigue.org)
- Answers to Common Questions Your Child May Ask About Coronavirus and COVID-19
  - <https://together.stjude.org/en-us/care-support/talking-about-coronavirus-covid-19.html>
- FACE COVID
  - <https://www.youtube.com/watch?v=BmvNCdpHUYM>
- Examples of Daily Routines
  - <https://www.cdc.gov/parents/essentials/structure/building.html>
- Work-Life Balance
  - <https://www.jcmh.org/how-to-maintain-a-work-life-balance-during-coronavirus/>
  - <https://www.entrepreneur.com/article/352278>
  - <https://www.siop.org/Research-Publications/Items-of-Interest/ArtMID/19366/ArticleID/3153/Finding-Balance-Evidence-Based-Strategies-for-Employers>



# Mobile Apps for Mental Health



**7 Cups** - Trained, volunteer active listeners for acute and ongoing issues



**Moodtools & Feartools** - Depression and anxiety resources



**Joyable** - Cognitive Behavioral Therapy for depression and anxiety



**Sanvello** - Self-care, peer support, coaching, and therapy



**Moodfit** - CBT tools and insight to improve mood



**Mood Coach** - Learn and practice behavioral activation to feel better



**Positive Activity Jackpot** - Find local activities to improve mood



**My Diet Coach** - Help to make manageable healthy lifestyle changes



**CBT-i** **CBT-I Coach** - Use with CBT for insomnia to improve sleep



**Dream EZ** - Based on Imagery Rehearsal Therapy (IRT) to diffuse nightmares



**Anger & Irritability Management Skills** - Learn to cope with anger



**Stay Quit Coach** - Get help with tobacco cessation treatment

# Mobile Apps for Mental Health



**Booster Buddy** - Help teens to improve resiliency and health overall



**Parenting2Go** - Strengthen your relationship with your children



**Moving Forward** - Learn and problem solve for better decisions and outcomes



**Lose It** - Calorie and fitness tracker to help meet health goals



**Stop, Breathe, & Think** - Brief meditation for kids



**Headspace** - Learn and practice mindfulness meditation



**Insight Timer** - Guided meditation for a variety of situations and emotions



**Mindfulness Coach** - Learn to practice mindfulness meditation



**10% Happier** - Guides meditation and explains why it is beneficial



**Breathe2Relax** - Manage stress through deep breathing exercises



**Tactical Breather** - Use breathing to control response during times of stress



**Talkspace** - Connect with a licensed mental health professional to receive therapy services

# South Florida Resources

- Nova Southeastern University Psychology Services Center
  - A wide range of therapy services
  - 954-262-5730
  - <https://www.nova.edu/healthcare/clinics-services/psychology/index.html>
- Henderson Behavioral Health
  - 954-486-4005
  - Crisis: 954-463-0911
  - [www.hendersonbehavioralhealth.org](http://www.hendersonbehavioralhealth.org)
- Smith Community Mental Health
  - 954-321-2296
- Broward County Elderly and Veterans Services Division
  - 954-357-6622
- Women in Distress
  - Domestic violence center
  - 24-Hour Crisis Line
  - (954) 761-1133
  - <https://www.womenindistress.org/>
- BARC Central
  - Substance abuse treatment
  - (954) 357-4851

## Additional Resources:

- Live and recorded webinars on various topics
- <https://www.nova.edu/sharkchats/>



# National Resources

- National Suicide Hotline / Crisis Hotline
  - 1-800-273-8255
  - Text CONNECT to 741741
  - Or call 211
- National Alliance of Mental Illness
  - 1-800-950-NAMI
- Smoking Cessation
  - (877) 448-7848
  - Smokefree.gov
- 24-Hour Anonymous Alcohol Hotline
  - (855) 947-3389
- Disaster Distress Helpline
  - 1-800-985-5990
  - Text TalkWithUs to 66746 (English)
  - Text Hablanos to 66746 (Spanish)
- National Domestic Violence Hotline
  - 1-800-799-7233
  - Text LOVEIS to 22522
- National Child Abuse Hotline
  - 1-800-422-4453
  - Text 1-800-422-4453
- National Sexual Assault Hotline
  - 1-800-656-4673



# National Resources

- The Eldercare Locator
  - 1-800-677-1116
- Veteran's Crisis Line
  - 1-800-273-8255
- National Alliance of Mental Illness
  - 1-800-950-NAMI
- SAMHSA's National Helpline
  - 1-800-662-4357
  - TTY: 1-800-487-4889
- Smoking Cessation
  - (877) 448-7848
  - Smokefree.gov
- 24-Hour Anonymous Alcohol Hotline
  - (855) 947-3389