

# **Caring for Yourself in a COVID World**

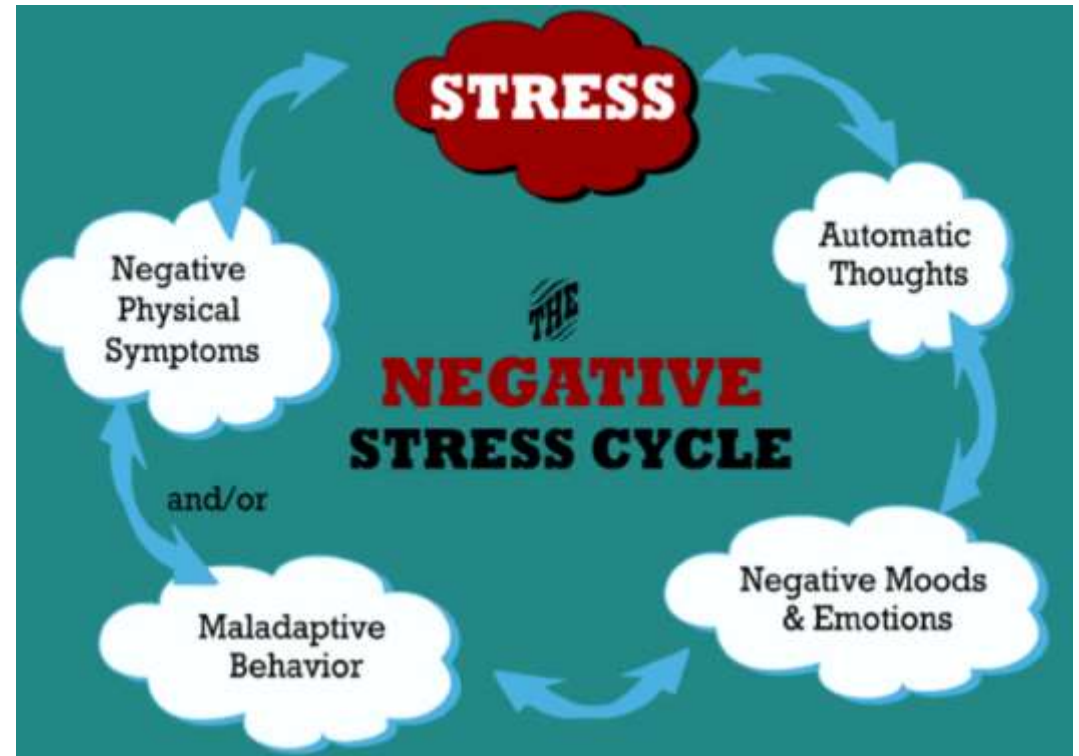
Presenter: Alison Keene, MA, LCMHC



# Stress Response Cycle

- Body senses danger
- Body responds to danger
- Survival and calm again

<https://images.app.goo.gl/SZzLBftDNGfpQVvp9>



**What interrupts the  
stress cycle is positive  
behavior – or self care /  
connection**



# Completing the Stress Cycle

- Personal connection
- Social Connection
- Spiritual Connection
- <https://images.app.goo.gl/PzdKCAurGEkEHZUk9>



# Personal connection

- Am I feeling centered and connected to myself?
- What are the things I can do/practice in order to feel calm?
- Am I moving regularly?
- Am I aware of what I can control and releasing what I cannot?



# Circles of Control Activity

Take a moment to pause the presentation and complete the prompts within each circle

<https://images.app.goo.gl/aEXbF67hXeXg9MhnZ>

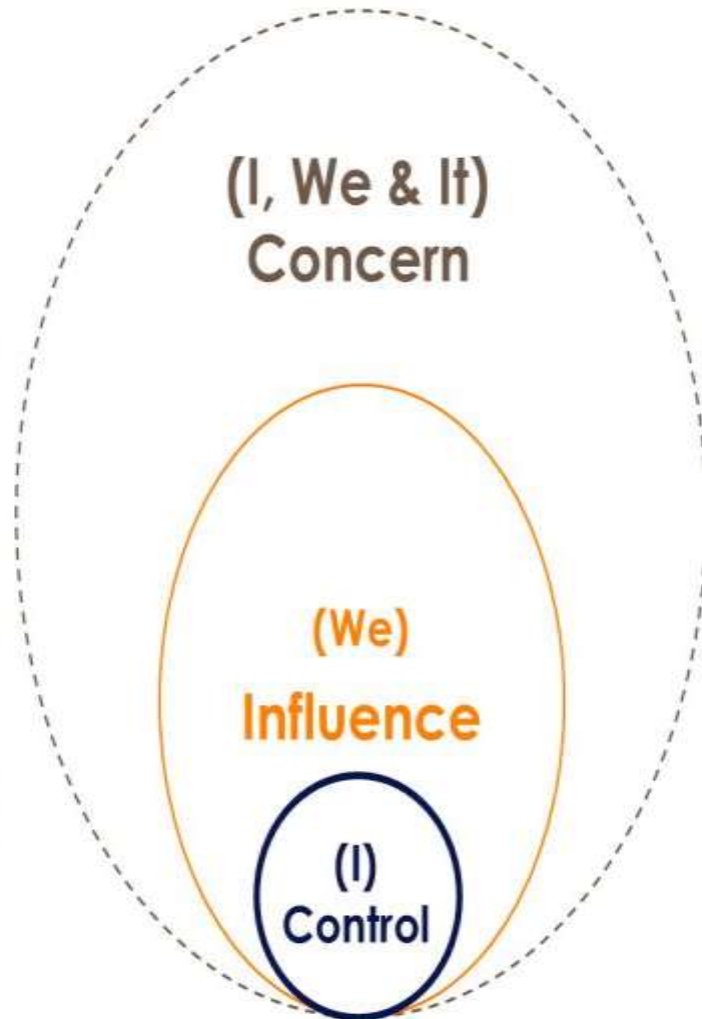


## Our Field of Concern (I, We & It)

All of the things that we are aware of in life that have an impact on us or in which we have an interest including ourselves and our relationships

## Our Field of Influence (We)

What we can influence, which is defined by our network of relationships. The key to influence lies in understanding the human condition, authority, conversational skills and the building of relationships



## Our Field of Control (I)

What we can directly control. This is limited to our awareness about ourselves and the actions we take. The key to control lies in the choices we make about how to manage ourselves in three domains – language, emotion and body.

# Social Connection

- Our brains and bodies are social organs.
- One study showed that the lack of social connection is a greater detriment to health than smoking, obesity, and high blood pressure. We need each other!
- Creative social opportunities :
  - socially distanced bible studies at a park                      lunch date from sep vehicles
  - outside coffee dates    outside group workout
  - increased phone calls and video chats                                      **THERAPY!**
- <https://www.psychologytoday.com/us/blog/feeling-it/201208/connect-thrive>



# Spiritual Connection

- Biblical themes of connection:

- Vine
- the body and its parts

Questions for Spiritual Reflection:

- How do I find myself responding to spiritual stillness?
- Are there spiritual/faith leaders who can speak to times of contemplation and reflection?

Explicit Spiritual Connections: reading the Bible, attending Zoom bible study or virtual/in person church

Implicit Spiritual Connections: gardening, stillness and meditation, mindfully walking, noticing nature





**If you have questions or would  
like to explore therapy for  
yourself or someone you know,  
please contact me at  
[akeene@wakehealth.edu](mailto:akeene@wakehealth.edu).**

