Faculty Wellness Focused on Covid-19 and Managing Family Stress

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Parenting slides courtesy of Sophie de Figeiredo, PsyD
Background

- The ongoing physical and emotional stress, fear and uncertainty of COVID-19 creates chronic stress and requires increased levels of support.
- The current political climate, natural disasters (fires and hurricanes), and increased awareness related to social inequities and systemic racism add to the emotional load of many individuals.
- Those who are isolated and caregivers experience even higher levels of stress and strain.
Current Stressors
Current Stressors

_yaml

What is stressing you?

Do you expect those stressors to increase or decrease?

How much control do you feel over those stressors?
COVID-19: Most Individuals Feel It
McKinsey National Online Survey
March 27–29, 2020
April 13, 2020

**Twitter Research**: Positive sentiment, stress, anxiety, and loneliness words/expressions were tallied, derived from random selection of 5 million tweets/day, weighted by State, from January - May 6 in 2019 (green) and 2020 (orange).

Increased Substance Use and Suicidal Ideation

During late June, 40% of U.S. adults reported struggling with mental health or substance use.

- Anxiety/Depression Symptoms: 31%
- Trauma/Stressor-Related Disorder Symptoms: 26%
- Started or Increased Substance Use: 13%
- Seriously Considered Suicide: 11%

*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020
†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylife coping

CDC.GOV bit.ly/MMWR81320
Some of the initial uncertainty associated with COVID-19 has been reduced—but it remains high

Uncertainty about...

Continuing spread

The effect of public health measures

Extent of structural damage to the economy the longer lockdowns stay in place

When measures may need to change

When a ‘near zero virus’ package of measures can be put into place

True morbidity and mortality rates

The development of herd immunity

When effective treatment or vaccination will exist

Which could lead to...

Further loss of life

Silent victims – people suffering negative effects from other diseases because they are unable to access urgent care, individuals with mental-health issues, victims of domestic violence, people suffering from intensifying poverty, and the millions of newly unemployed

Livelihoods, job insecurity, deferred discretionary planning, financial instability and broad economic impacts

Source: McKinsey article “Crushing coronavirus uncertainty”
Additional Considerations

The US Black population bears a disproportionate burden of COVID-19

Black people are 13% of the US population but have a disproportionate number of deaths relative to population size.

<table>
<thead>
<tr>
<th></th>
<th>Population</th>
<th>Cases²</th>
<th>Deaths³</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>13%</td>
<td>22%</td>
<td>24%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>18%</td>
<td>23%</td>
<td>15%</td>
</tr>
<tr>
<td>Asian</td>
<td>6%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>White</td>
<td>60%</td>
<td>40%</td>
<td>53%</td>
</tr>
<tr>
<td>Other</td>
<td>2%</td>
<td>12%</td>
<td>5%</td>
</tr>
</tbody>
</table>

1. Includes Pacific Islanders, American Indians, Alaska Natives, Native Hawaiians and multi-racial groups
2. 46% of total cases have no reported race/ethnicity information
3. Approximately 8% of total deaths have no reported race/ethnicity information

According to JAMA and the University of Michigan’s Mental Health Lab, the situation is likely driven by:

- Poor access to health care driven by loss of or inadequate health insurance – Blacks (incl. African Americans) and Latinos are 2x more likely to lose health insurance than a non-Hispanic white
- Increased prevalence of comorbidities that result in death – Latinos and Blacks are 2x more likely to have diabetes than a white adult
- Inability to physical distance due to economic considerations (e.g., living in crowded, urban settings, livelihoods that qualify as “essential workers”, reliance on public transport)

Source: COVID Tracker Binned by The Atlantic, JAMA, Columbia University, NCHS, University of Michigan

McKinsey & Company
Racial Trauma

- Racial trauma, from racial harassment, witnessing racial violence, or experiencing institutional racism.
- The trauma may result in experiencing symptoms of depression, anxiety, low self-esteem, feelings of humiliation, poor concentration, or irritability.
Racial Trauma Causes Injury

Racial trauma causes physical and emotional wounds to individuals, groups, and communities.
Parent Stress in the Pandemic
(APA, 2020)

Parent vs Non-Parent average reported stress levels during the past month related to the coronavirus pandemic

Nearly half of parents (46 percent) say that their stress level related to the coronavirus pandemic is high, rating it as 8, 9 or 10 on a 10-point scale.

Parental sources of stress as a result of the coronavirus pandemic

% reporting very/somewhat significant source of stress in their life

- A family member getting coronavirus: 74%
- Government response to coronavirus: 74%
- Disrupted routines/adjusting to new routines: 74%
- Getting coronavirus: 73%
- Managing distance/online learning for their child(ren): 71%
- Basic needs (i.e., availability of and access to food, housing): 70%
- Self-isolation: 67%
- Access to health care services: 66%
- Missing out on major milestones: 63%

Child/Teen Stressors

- Change to routines and plans, including upcoming holidays
- Physical/social isolation from friends, peers, and supportive adults
- Loved ones who have fallen ill due to COVID-19
- Family stress & conflicts
- Ongoing uncertainty about back-to-school
- Disturbing media content
- Micro-aggressions and discrimination towards youth of color, including COVID-19 related hostility towards Asian individuals.
The Range of Stress Reactions

Signs of stress in children:

<table>
<thead>
<tr>
<th>AGE</th>
<th>BEHAVIORS</th>
<th>MOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1yr</td>
<td>Won't eat, more fussy</td>
<td>Less energy or interest in things</td>
</tr>
<tr>
<td>1-3 yrs</td>
<td>Tantrums, cries, acting out</td>
<td>Grumpy, angry, sad</td>
</tr>
<tr>
<td>3-6 yrs</td>
<td>Potty accidents, clingy, won't sleep</td>
<td>Sad, moody, frustrated</td>
</tr>
<tr>
<td>6-12 yrs</td>
<td>Whines, &quot;acts out&quot; for attention</td>
<td>Grumpy, moody, sad</td>
</tr>
<tr>
<td>12-18 yrs</td>
<td>Isolates, turns to peers, takes risks</td>
<td>Anger, depression or gives the sense that they don't care</td>
</tr>
</tbody>
</table>

Cognitive:
- Difficulty thinking clearly,
- Disorientation,
- Confusion,
- Difficulty problem-solving & making decisions,
- Memory issues,
- Distortion,
- Misinterpretation of situations & comments

Emotional:
- Fear or terror,
- Perceived danger,
- Anger,
- Hostility,
- Frustration,
- Irritability,
- Deep sadness,
- Difficulty maintaining emotional balance

Behavioral:
- Risk-taking,
- Failure to use PPE,
- Refusal to follow orders,
- Endangerment of others,
- Increased use/misuse of drugs or alcohol,
- Reduced ability to support peers,
- Conflicts with others,
- Withdrawal,
- Isolation

Physical:
- Rapid heart rate,
- Palpitations,
- Muscle tension,
- Headaches,
- Tremors,
- Gastrointestinal issues,
- Nausea,
- Inability to relax,
- Trouble sleeping,
- Nightmares,
- Flashbacks,
- High adrenaline

Source: Real Warriors
Evidence-informed Self Help Skills
The most robust change occurs when intervention targets numerous levels:

- Government
- Community
- Organization
- Family
- Individual
Today, we are primarily focused on the Individual
Disaster Mental Health: General Strategies for Sustaining Well-Being

- Stay Updated, using reliable sources (CDC, LA County website).
- Take Breaks. Do something that you find comforting, fun or relaxing.
- Connect with Colleagues. Reach out to colleagues; support each other.
- Communicate Constructively and Supportively. Extra grace required.
- Contact Family/Friends/Faith Community. Be intentional with connecting with supportive others.
- Respect Coping Differences.
- Limit Media Exposure.
- Conduct Self Check-Ins. Reach out for help when needed.
Beneath The Surface of Kids’ Stress Reactions

Kids' Sadness About COVID-19 May Look Like:

<table>
<thead>
<tr>
<th>Anger</th>
<th>Resisting the &quot;new order&quot;</th>
<th>Tiredness</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;This stupid remote doesn't work!&quot;</td>
<td>&quot;I'm not doing four math problems! I'm only doing one!&quot;</td>
<td>&quot;I don't want to go for a walk. I'm too tired!&quot;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Numbing Out</th>
<th>Displaced frustration</th>
<th>Boredom</th>
</tr>
</thead>
<tbody>
<tr>
<td>(&quot;Just 30 more minutes on the iPad!&quot;)</td>
<td>&quot;I didn't want lasagna for dinner. I wanted tacos!&quot;</td>
<td>&quot;I'm bored&quot; = code for &quot;I'm sad&quot;</td>
</tr>
</tbody>
</table>

www.erinleyba.com

Teens * Social Distancing * Covid 19

What parents may be seeing/hearing:

- Excessive screen time
- Swearing
- Defiance
- Disrespect
- Ignoring
- Complaining
- Sneaking
- Refusing
- Fighting
- Leaving

What teens may be experiencing:

- Boredom
- Helplessness
- Lack of skills
- Disconnection
- Emotionally dis-regulated
- Fear
- Worry
- Confusion
- Powerlessness
- Misunderstanding
- Worry about social status

Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface

www.joyfulcourage.com
Stress Management: Shifting Your Pattern
(Perry, 2020)

Managing Stress: Shifting Your Pattern

Pattern of STRESS
- Chaotic
  - Severe, prolonged
  - Uncontrollable
- Predictable
  - Moderate
  - Controllable

Minimal daily structure
- ‘Comfort’ eating
- Too much media
- Minimal exercise
- Emotional isolation
- Self-focused
- Sleep disruption
- Negative, ruminative

How we build structure and predictability into our day matters. See details in description.

Managing Stress: Shifting Your Pattern

Vulnerability - Resilience

Daily structure
- Family meals
- Limited media
- Exercise
- Reach out
- Help others
- Sleep ‘hygiene’
- Positive, future focused

Tips for Supporting Your Child/Teen

- Be present and offer opportunities for dialogue
- Normalize and validate their experiences
- Limit media/news viewing
- Share developmentally appropriate information from credible sources
- Help keep them socially connected
- Find ways to get involved/give back in positive, safe ways
- Remind youth that everyone is in the same boat (academics, sports, etc.)
Lead By Example: Caregiver Self-Care

- Acknowledge Your Emotions
- Model Self-Regulation
- Set Boundaries (Physical, Emotional, Time)
- Establish a Routine
- Engage in Healthy Habits
- Connect with Colleagues
- Relax Rules & Expectations
- Active Ignoring- choose your battles
- Limit Exposure to Media/News
- Lean on Your People
- Practice Self-Care & Self- Compassion
- Seek Help When Needed

“Mirror neurons are really powerful in children. If they see us being a little short, overwhelmed or reactive, those mirror neurons fire rapidly and they model that behavior right back to us. If we are reacting more aggressively or quickly because we are under stress, they are likely to replicate that.”

— Anne Granderson, educator, Positive Parenting

General Evidence-Informed Self Help

¥ Pace yourself
  ¥ This is a marathon, not a sprint.

¥ Behavioral activation
  ¥ Regular exercise can increase energy levels and decrease feelings of fatigue, reduce stress, and relieve muscle tension.

¥ Do things that make you feel good / healthy
  ¥ Sleep, exposure to sunlight, healthy food, caring for a pet, practice relaxation techniques.

¥ Practice gratitude
  ¥ For example, think of three people and three things that happened during the day for which you are grateful.

¥ Self-compassion / Watch perfectionism
  ¥ “We are our own worst enemy.” Perfectionism decreases resilience. Self-compassion increased life satisfaction.
Mindful savoring

To savor a spoonful of spaghetti sauce (or other experience) is to give time and attention to the present pleasure and joy of the senses. It’s not analyzing or judging or critiquing; it’s the act of allowing ourselves to open to the richness of an experience.

¥ fMRI research reveals that sustained ventral striatum engagement positively predicts the duration of positive emotional responses.

¥ Brain scans showed that mindfulness meditation training increased the functional connectivity of the participants' resting default mode network in areas important to attention and executive control, the dorsolateral prefrontal cortex. Participants also had reduced IL-6 levels. The changes in brain functional connectivity coupling accounted for the lower inflammation levels.
Rethink life goals  What are your major life priorities?

￥ How are you spending your time?
￥ What have you been avoiding or putting off?

￥ Be intentional about transitions and boundaries
￥ Train your mind and body by creating new work-home rituals.
￥ Create and state your boundaries. Develop boundary breaking rules. How would saying yes be rewarding?

￥ Learn something new
Find Meaning - Participate in a research study or other volunteer activity

https://www.uclahealth.org/heart/women/early-cardiovascular-health-outreach-sms-echos

https://www.laworks.com/opportunity-calendar
Feeling Sad About Missing Out?
Anxious About the Uncertainty?
Acknowledge Grief

- Label the emotion
- Be kind to yourself; changes are difficult and it will take time to adapt
- Focus on maintaining physical and emotional health
- Seek support from others, you are not alone
- Engage in a gratitude practice, reflecting on your “normal life” and your current life
- Routines are comforting; maintain the routines you can, while creating new routines
Practice Uncertainty

- Practice tolerating uncertainty
- Do not fight anxiety. Allow and accept waves of anxiety without judgement
- Practice being in the present
- Try connecting to your life’s purpose and sources of meaning; use this time to reflect on your life goals or to further them
- Try to maintain a realistic view by limiting exposure to the media

Moral Distress

Moral distress is the inability to act according to your core values and perceived obligations due to internal and/or external constraints.

Moral distress applies to work situations and non-work situations.
<table>
<thead>
<tr>
<th>Strategy</th>
<th>Implementation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Speak up!</strong></td>
<td>Identify the problem, <strong>gather facts</strong>, voice your opinion</td>
</tr>
<tr>
<td><strong>Be deliberate</strong></td>
<td>Know who to speak with and what you need to say</td>
</tr>
<tr>
<td><strong>Be accountable</strong></td>
<td>Be ready to accept the consequences, should things not turn out the way you had planned.</td>
</tr>
<tr>
<td><strong>Build support networks</strong></td>
<td>Find colleagues who support you or acting to address moral distress. Speak with one authoritative voice.</td>
</tr>
<tr>
<td><strong>Focus on changes in the work environment</strong></td>
<td>Focus on the work environment, not on an individual. It's usually the system that needs changing.</td>
</tr>
<tr>
<td><strong>Make it interdisciplinary</strong></td>
<td>Multiple views and collaboration are needed to improve a system, especially a complex system.</td>
</tr>
<tr>
<td><strong>Develop policies</strong></td>
<td>Develop policies to encourage open discussion, interdisciplinary collaboration, and ethics consultations.</td>
</tr>
<tr>
<td><strong>Design a workshop</strong></td>
<td>Train staff to recognize moral distress, identify barriers to change, and create a plan for action.</td>
</tr>
</tbody>
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Cultural Responsiveness

- The ability to listen, learn, and reflect on one’s own culture, the culture of others, and how they may interact during interpersonal interactions.

- By being culturally responsive, you increase awareness of your own biases and privileges which can foster and promote respect, curiosity and learning, and the experience of belonging.
Peer Support: What should I say?

**It is helpful to ask:**
- Are you OK?
- What do you need?
- How are you feeling about what happened?

**It is NOT helpful to say:**
- Tell me what happened
- Everything will be OK
- Don’t worry about it
Sleep!
Sleep Deprivation: Effects

**Mood**
- Irritability
- Lack of motivation
- Anxiety
- Symptoms of depression

**Health**
- High blood pressure
- Heart attack
- Obesity
- Diabetes

**Performance**
- Lack of concentration
- Attention deficits
- Reduced vigilance
- Longer reaction times
- Distractibility
- Lack of energy
- Fatigue
- Restlessness
- Lack of coordination
- Poor decisions
- Increased errors
- Forgetfulness
Preventing Sleep Deprivation

- **Consistent Schedule** - Keep consistent bed times and wake up times to develop a routine whenever feasible, even on the weekends.

- **Avoid Caffeine and Alcohol** – Drinking alcohol before bed can add to the suppression of REM sleep during the first two cycles. Sleep onset is often shorter for drinkers. However, as the night progresses, alcohol can create an imbalance between slow-wave and REM sleep, resulting in less of the latter and more of the former. This decreases overall sleep quality, which can result in shorter sleep duration and more sleep disruptions.

- **Bedtime Ritual** - Having a bedtime ritual can be as simple as brushing your teeth and washing your face. These cues send psychological signals to alert your body that it’s time to sleep.

- **Meditate** – Clear your mind with mindfulness or meditation routines.

- **Unplug** – Limit the use of electronics 1 hour before bed. The light emitted from devices is proven to disrupt your body clock.

- **Physical Activity** – Aim for 150 minutes of physical activity a week or about 30 minutes each day. An evening walk can give you time to reflect upon the day or time to catch up with a friend. If exercise-related endorphins keep you awake, exercise at least 1 to 2 hours before going to bed.
Mitigating Negative Impact of Sleep Deprivation

There is no substitute for sufficient sleep, but short term solutions to mitigate the negative impact of sleep deprivation include:

- **Stimulants/Caffeine**: Caffeine (75-150mg) can provide improved alertness and performance after acute sleep restriction. Frequent use of caffeine can lead to tolerance and negative withdrawal effects.

- **Naps**:
  - **Sleep prior to deprivation**: Getting extra sleep before a period of sleep loss, a “prophylactic nap,” may decrease some negative performance and alertness effects.
  - **Naps during deprivation**: During a period of sleep loss, a nap of 30 minutes or less may boost alertness. It can be difficult to awaken from a longer nap, which can produce severe grogginess, or “sleep inertia,” that persists after waking up.
  - **Caffeine and a nap**: The beneficial effects of naps and caffeine may be additive; the combination of a nap prior to sleep deprivation with caffeine use during sleep deprivation can provide improved alertness over a longer period.

What Has Been Helpful For You?
Tools & Resources To Consider
Helpful Apps

¥ **Depression CBT Self-Help Guide** helps you understand the causes of depression, explains self-help behaviors you can adopt to reduce symptoms, and provides useful self-management tools.

¥ **Headspace / Headspace Plus** is a meditation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief.

¥ **PTSD Coach** provides users with education about PTSD and tools that can help users manage the stresses of daily life with PTSD.

¥ **COVID Coach** was created to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.
“Connectd” -- UCLA Professional Wellness App

Self Assessment:
Anonymous screens for anxiety, depression, trauma, burnout, alcohol use and health behaviors

Track scores over time

Personalized Education and Tools

Personalized Resources

Authorization code: 757westwood

U App Catalog or your app store
UCLA Options

Anonymous, interactive, online support

Formal UCLA Mental Health Services

UCLA Staff and Faculty Counseling Center

- Up to three free therapy sessions are available for staff, faculty and spouses.
- Skilled counselors provide crisis intervention, assessment, and short-term counseling and consultation services.
- Referrals may be made to community therapists and services for ongoing counseling.
- Phone: (310) 794-0245; Available Monday – Friday 8am – 5pm
Managing Illness Support Group – https://www.beyondmybattle.org/support-groups

THE BATTLE KIT: COVID-19 +

VIRTUAL SUPPORT GROUPS
SOCIAL SUPPORT WHILE SOCIAL DISTANCING

Our free online support groups are an accessible service for a community that needs it now more than ever. Connecting with others is an important part of caring for ourselves that not only allows us to talk things through, but feel heard and understood. We offer two types of groups weekly:

1. Illness/Disability Virtual Support Groups
2. Care Partner Virtual Support Groups

Patients and caregivers managing any kind of illness or disability are welcome. These groups are facilitated and guided by the principals of non-judgment, compassion, and curiosity.
When to Seek Professional Mental Health Services
When to Seek Professional Mental Health Services

When problematic feelings/emotions, thinking or behaviors are:

1. Severe
2. Persistent
3. Not improved by use of self-help efforts that usually help
4. Interfere with life functions and activities like sleep, eating, job performance or relationships
5. Keep occurring or repeating themselves in similar patterns
6. Result in danger to self or others
Psychotherapy Explained

¥ Most therapists use research proven approaches to train clients to change their behaviors or their thought habits in ways that have been shown to improve mood, decrease anxiety and/or process trauma.

¥ Although a therapist also provides general emotional support, it is different than talking to a close friend in that the therapist can make professional recommendations designed and research tested to effectively address problems.

¥ If you do not connect well with the first therapist you meet, it is okay to look for one that helps you feel more comfortable. Therapy is most helpful if you can be as honest as possible about your symptoms, struggles and fears.
Questions? Comments?