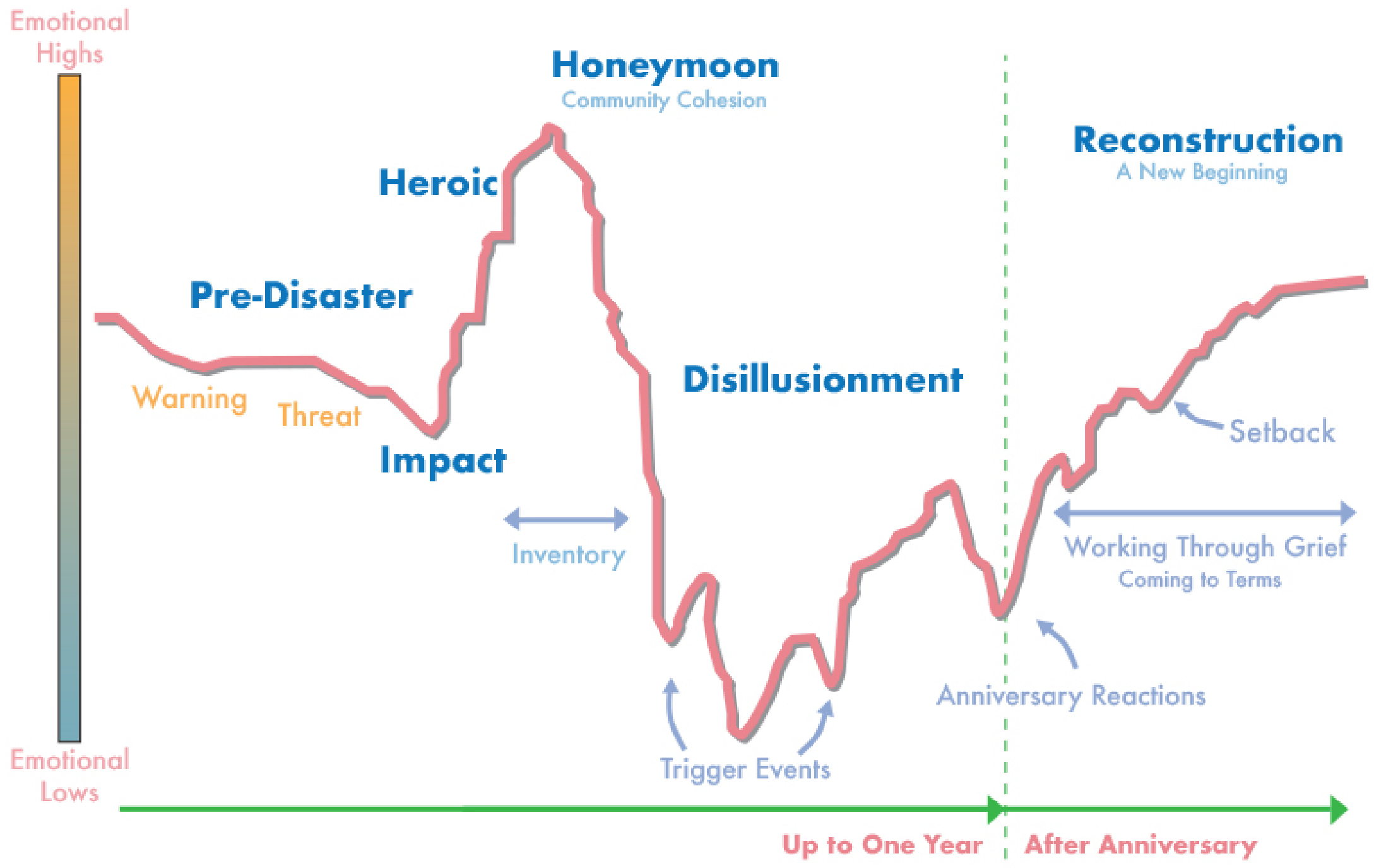


BEHAVIORAL HEALTH IMPACTS OF COVID-19



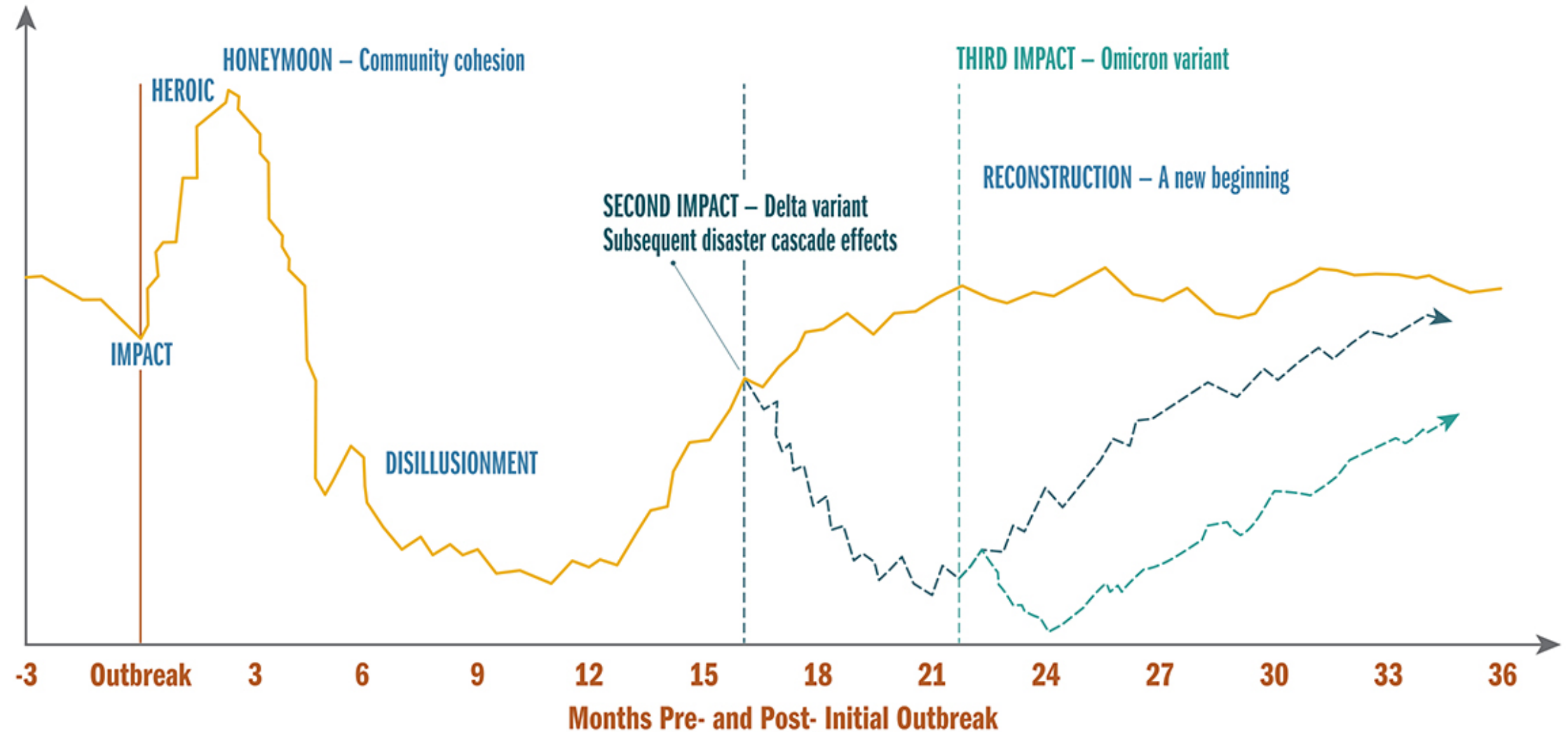
TOWN HALL FOR LAKE WASHINGTON
MARCH 17 2022

Kira Mauseth, Ph.D.
Behavioral Health Strike Team



Reactions and Behavioral Health Symptoms in Disasters – COVID-19

Emotional Response – Lows to Highs

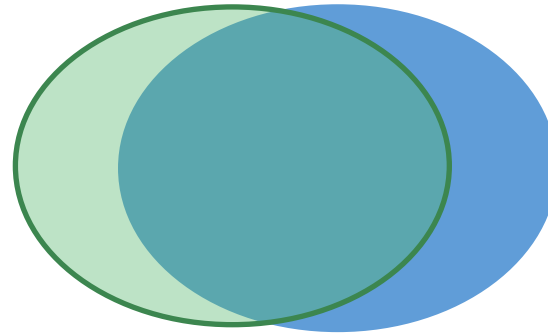


Key Takeaways

- Long term build up of stress from the pandemic and associated consequences can have significant effects on how we:
 - process emotion
 - process information, and
 - interact with others
- Anxiety about the “end” or not of the pandemic (will it become endemic) and how do we live with it widespread but varied in degrees.
- Taking the time to process the grief and loss of the last two years (+) will be a central theme in our collective transition into recovery from the disaster cascade

CHANGES.....

- Anxiety & Excitement : Neurological overlap



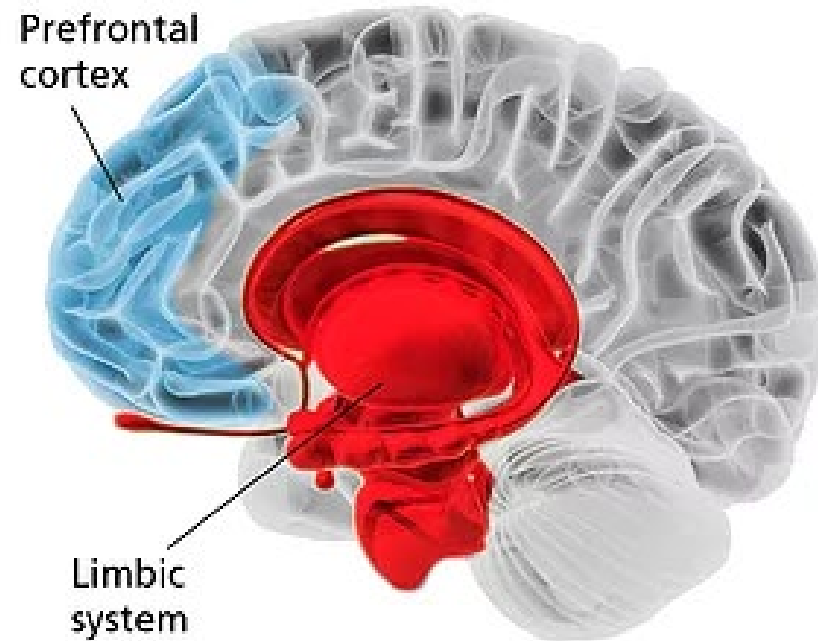
To help manage anxiety:

- Collect evidence
- “Play the tape all the way to the end”
- Focus on process – “HOW” you do things

The neuroscience of disaster recovery

Prefrontal cortex:
higher-level functioning,
planning, organization,
details, filtering.

Limbic system: emotion,
impulse, pleasure and
safety, memory



Common Experiences



EMOTIONAL

Irritability
Nervousness
Grief / Sadness
Anger
Fear



PHYSICAL

Trouble Sleeping
Headaches
Stomach problems
Stress eating / Snacking, Not eating



COGNITIVE

Forgetting
Distractibility
Trouble Concentrating
Memory Problems



BEHAVIORAL

Withdrawal
Isolation
Aggression
Substance Use



SOCIAL

Strained Friendships
Disagreements
Lack of Participation
Conflict



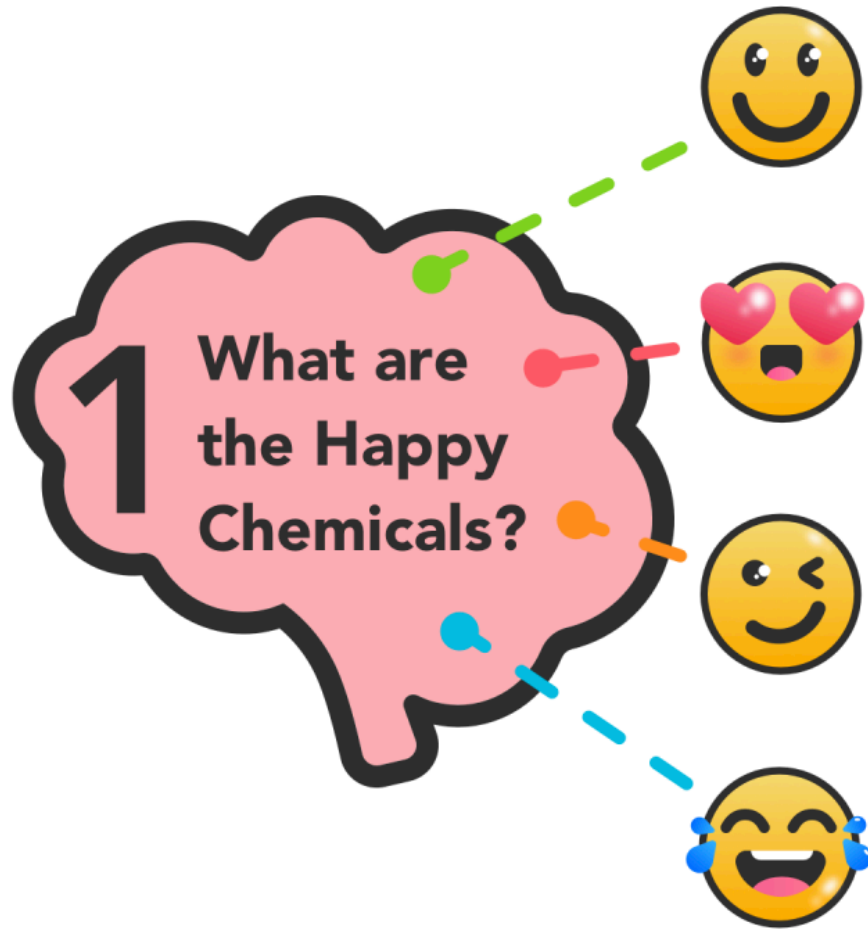
SPIRITUAL

Questioning Faith
Stronger or more distant relationship with God or Higher Power



GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something:
writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

Active Coping Ideas



Anxiety

- Sensory interventions:
 - Frozen orange, ice
 - Music
 - Shower
 - Fuzzy slippers
- Apps
- Breathing = calming



Exhaustion

- Sleep hygiene
 - Same bed and wake times
 - Alcohol and sugar considerations
 - Notepad (not phone or laptop)
- Apps
- Boundaries



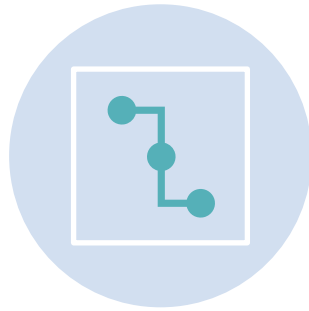
Depression

- Behavioral activation: Small steps
- Get a “this makes me feel better” list made on a good day
 - 5 minutes to 5 hours
- Movement of any kind
- Connection and support from others

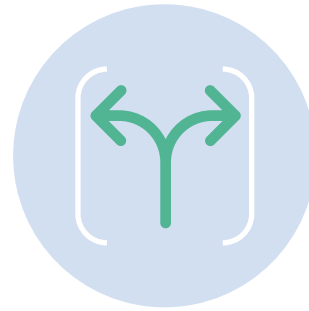
Resilience



Purpose



Connection

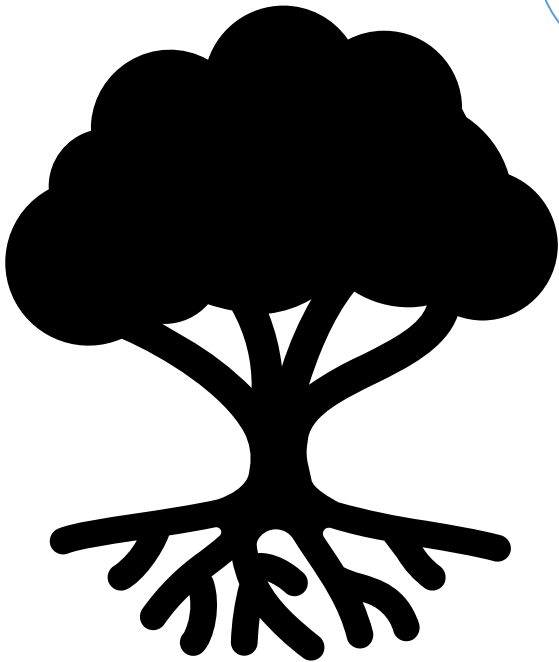


Flexibility/
Adaptability



Hope

Resilience Development



Purpose

What motivates you? What goals do you have right now that are reasonable to achieve? **(don't think too long term or big picture).**

Adaptability

- How can you make adjustments that are needed, to time, space, fun, expectations, etc?

Hope

- How can you shift your thinking from 'threat' to 'challenge' and what are the realistic opportunities you have?

Connection

To whom or what are you connected? Connection can be anything that prevents isolation.

Key takeaways

- Take time and pause before responding (via email, text, in person)
- Be an athlete, not a hero
- Identify things that have helped you before
- Don't dismiss outside time- especially in the fall and winter months
- Any physical activity will help neurologically
- Try to engage in active coping strategies as much as you can (rather than passive / avoidant coping, such as substance use).
- Resilience is a process, not an accomplishment or a badge to be won.

Resources for behavioral health and crisis support

<https://doh.wa.gov/emergencies/covid-19/healthcare-providers/behavioral-health-resources>

- [Back to Classroom THINK toolbox for parents, caregivers and teachers](#)
- [Behavioral Health Toolbox for Families](#)
- [Workplace Resilience](#)
- [Combating Moral Injury for Healthcare Workers](#)

Crisis support

- [Suicide Prevention Lifeline](#): 800-273-8255
- [Crisis Text Line](#) provides confidential text access from anywhere in the U.S. to a trained crisis counselor. Text HOME to [741741](#) (24/7/365)
- [Crisis Connections](#) is a 24-hour crisis line that connects people in physical, emotional and financial crisis to services. Call 866-4-CRISIS ([866-427-4747](#))
- [Teen Link](#): call or text 866-833-6546
- National [Disaster Distress Helpline](#): 800-985-5990 or text “TalkWithUs” to 66746.



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