

Coping with Pandemic Fatigue, Workplace Stress, Parental Exhaustion, and an Uncertain Future

Live Webinars Supporting
5-Actions Programs™

1/22/22

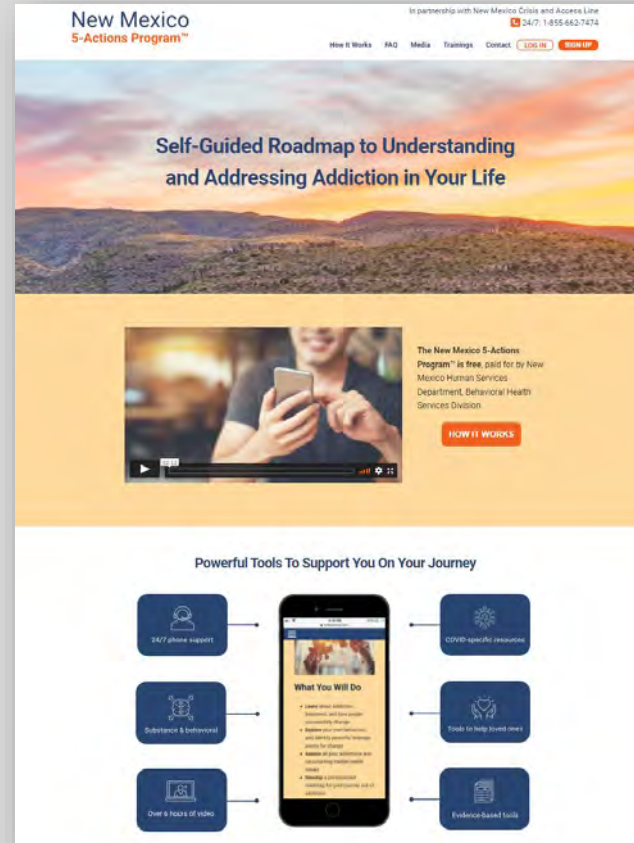
John Fitzgerald, PhD, LPC, CAS
Clinical Instructor, Psychiatry, OHSU
Adjunct Faculty, Systems Science, PSU
Digital Therapeutics Group, LLC

Agenda:

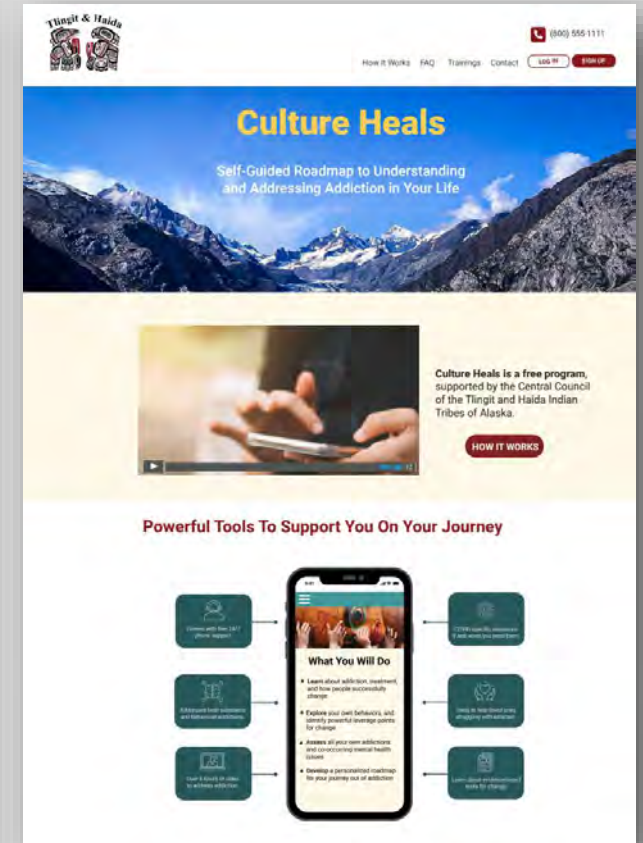
- Understand pandemic fatigue, stress, exhaustion, and excessive worry
- Explore useful ways to think about the past, present, and future of COVID-19
- Introduce the ideas of Flexibility Mindset and Flexibility Sequence
- Review coping tools to best manage thoughts, feelings, wellbeing, and health during this challenging time

The 5-Actions Program™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, January 2022 in Alaska!
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 100+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians



www.NM5actions.com



www.cultureheals.com

2022: 5-Actions Program™ Webinars

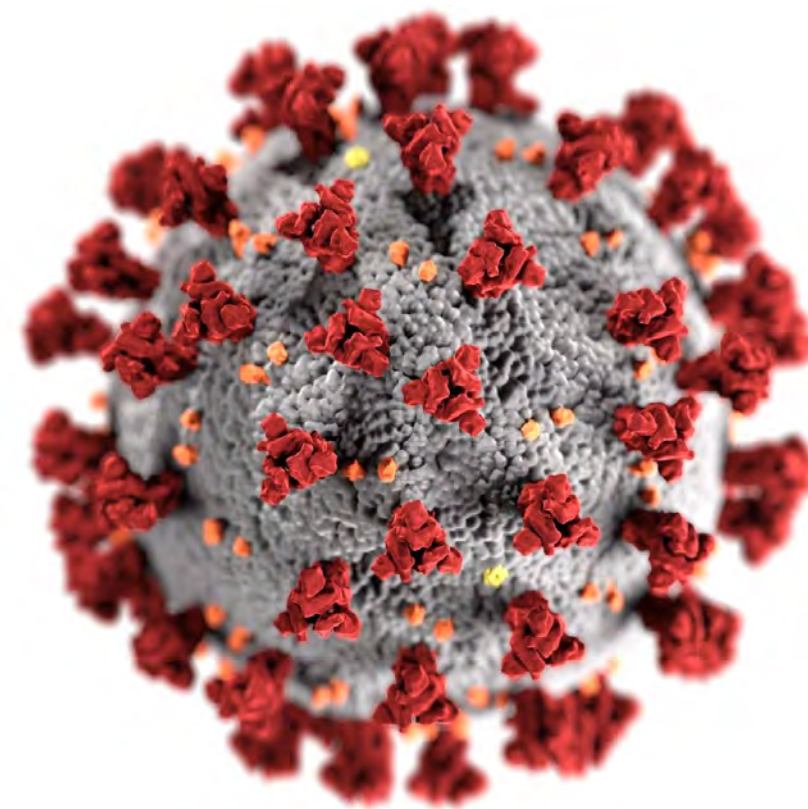
- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

Upcoming Topics

- Understanding and Addressing Mental Health Challenges Through a Transdiagnostic Emotion-Focused Lens
- Addressing Our Unprecedented Suicide Epidemic
- Remembering Who You Are: The Direct and Indirect Paths to Your True Self
- Helping a Loved One with Addiction Utilizing the Community Reinforcement and Family Training Approach (CRAFT)

December 2019: COVID-19



December 2020: COVID-19 Delta Variant

5 Things To Know About the Delta Variant

BY [KATHY KATELLA](#) JANUARY 6, 2022



The COVID-19 strain has put the focus back on prevention.



Source:

<https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid#>

1. Delta is more contagious than the other virus strains.
2. Unvaccinated people are at risk.
3. Delta—and Omicron—could lead to 'hyperlocal outbreaks.'
4. There is still more to learn about Delta.
5. Vaccination is the best protection against Delta.

November 2021: Omicron



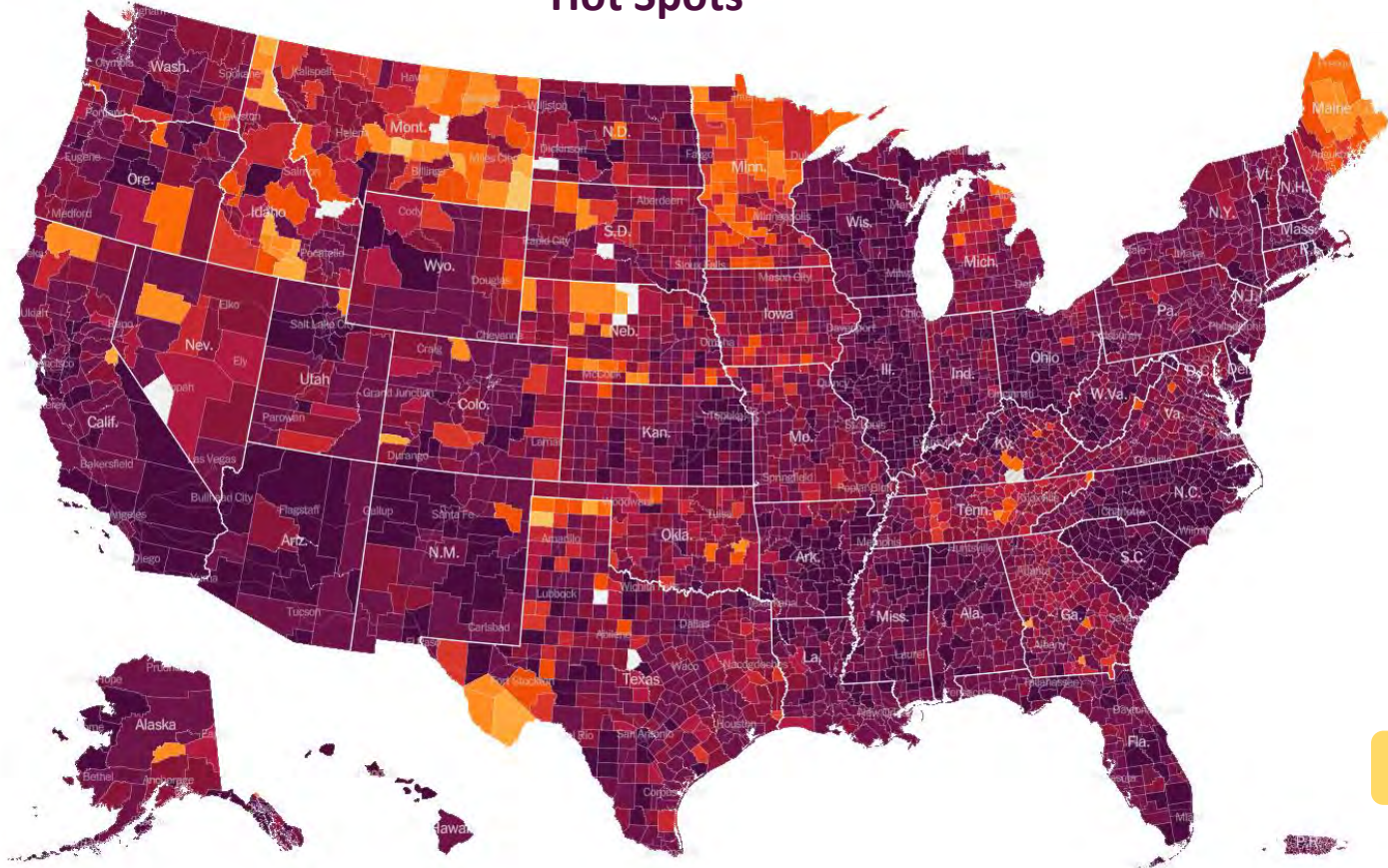
Source: NY Times

What the Omicron Wave Looks Like at One Brooklyn E.R.

The nature of this variant, combined with widespread vaccine use, may make it seem less severe in some ways than earlier ones. It doesn't always feel like that here.

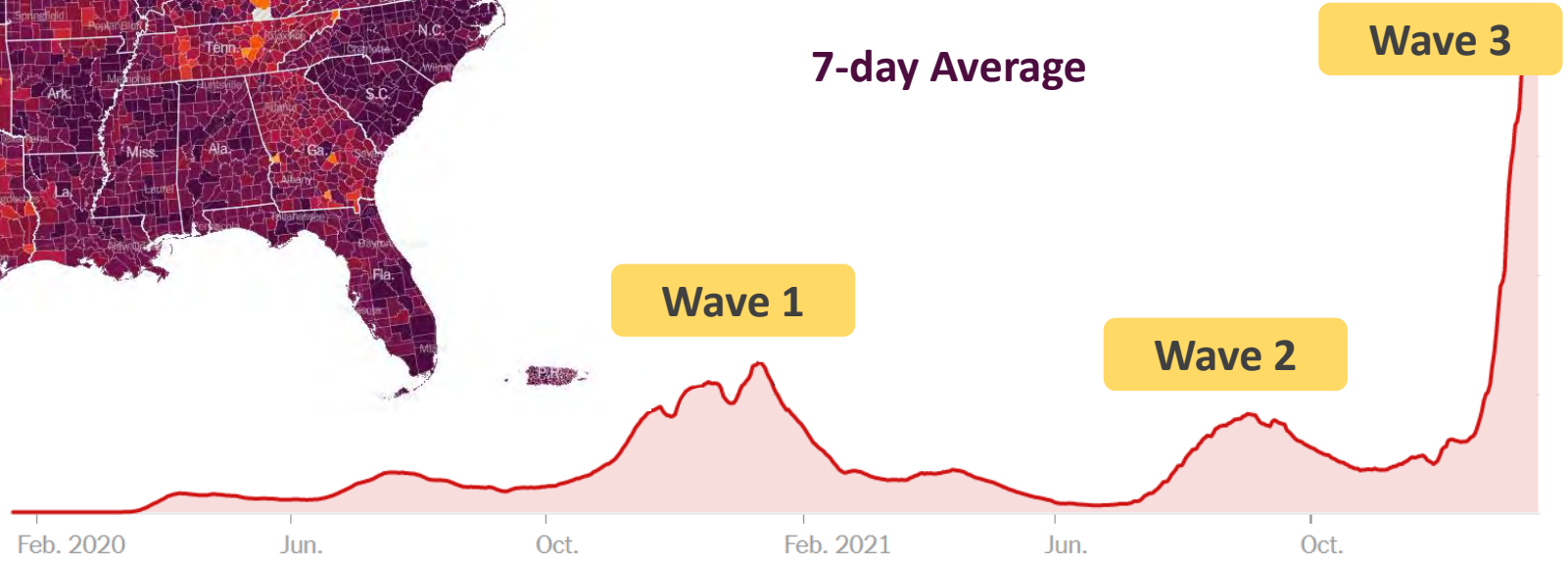
January 2022: Going on Three Years...

Hot Spots



70 Million Cases
860,000 Deaths

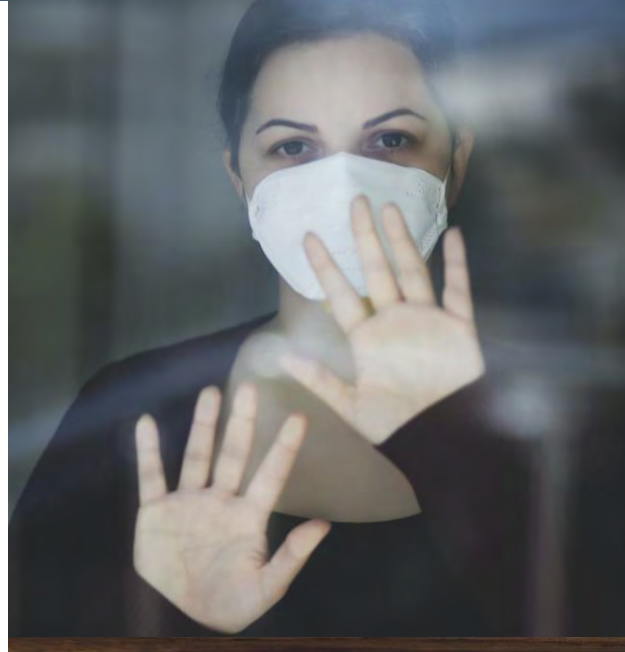
7-day Average



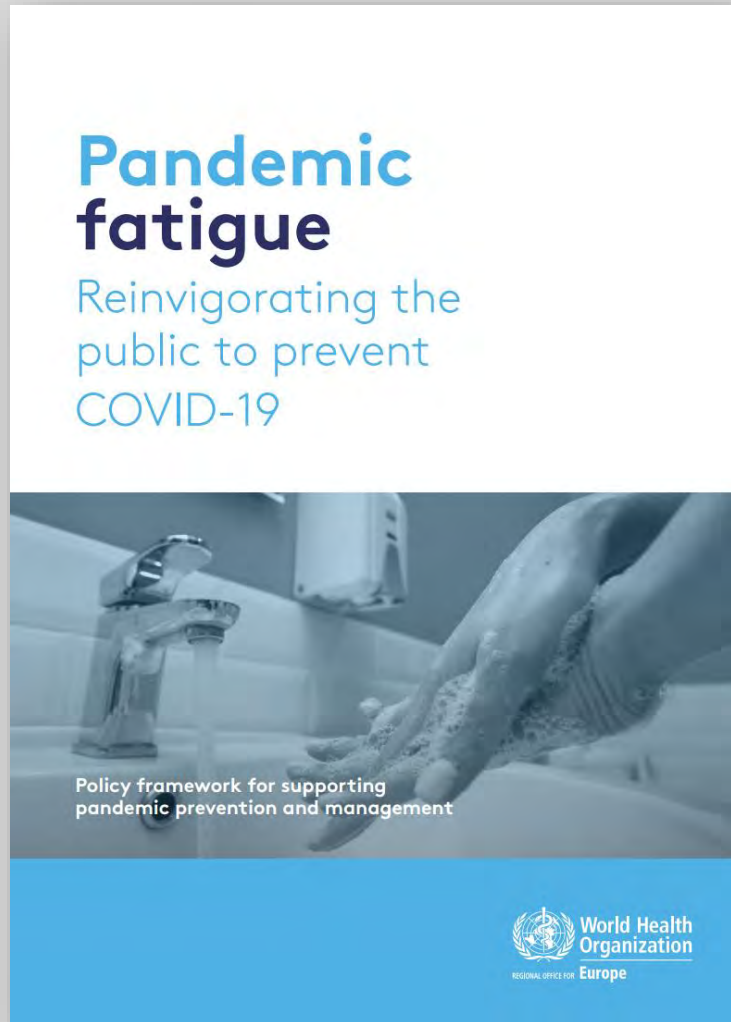
Source:
<https://www.nytimes.com/interactive/2021/us/covid-cases.html>

Fatigue, Stress, Exhaustion, and an Uncertain Future

- Pandemic **Fatigue/Burnout**
- COVID **Stress Syndrome**
- Parental **Exhaustion**
- Vaxxed and **Done**
- Healthcare **Fatigue/Burnout**
- Compassion **Fatigue**
- Work Stress **Fatigue/Burnout**



Pandemic **Fatigue**



Published 2020

Pandemic fatigue is an expected and natural response to a prolonged public health crisis.

- Decline in compliance with mask-wearing and social distancing
- Anxiety around people not wearing masks
- Feeling tired even after getting enough sleep
- Lack of motivation or feeling a lack of purpose
- Snapping at loved ones
- Feeling isolated and depressed

Stress in America 2021



n= 3,035 adults 18+

Data Collected August 11-23, 2021

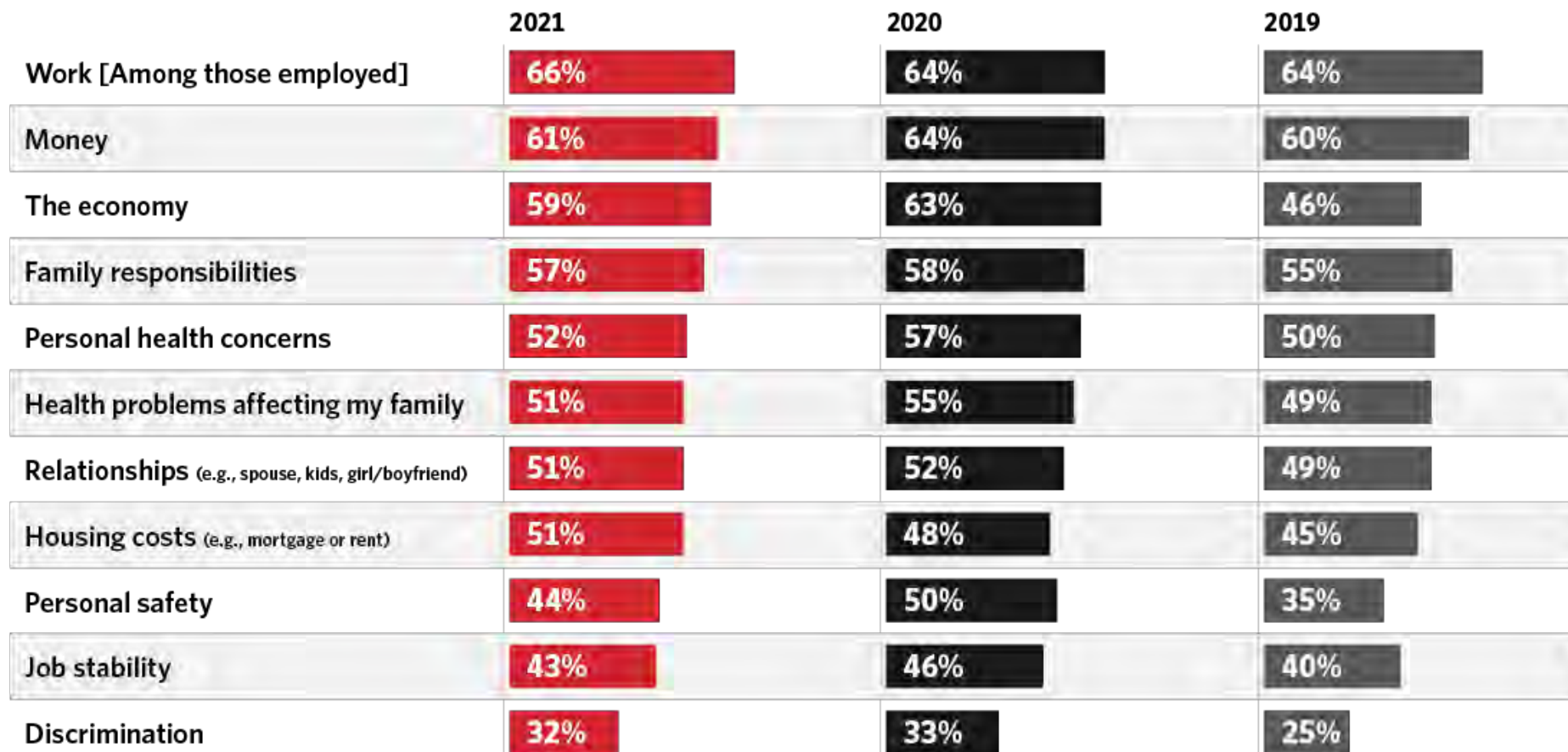


Stress in America 2021: Work Stress Increasing



SOURCES OF STRESS: 2019-2021

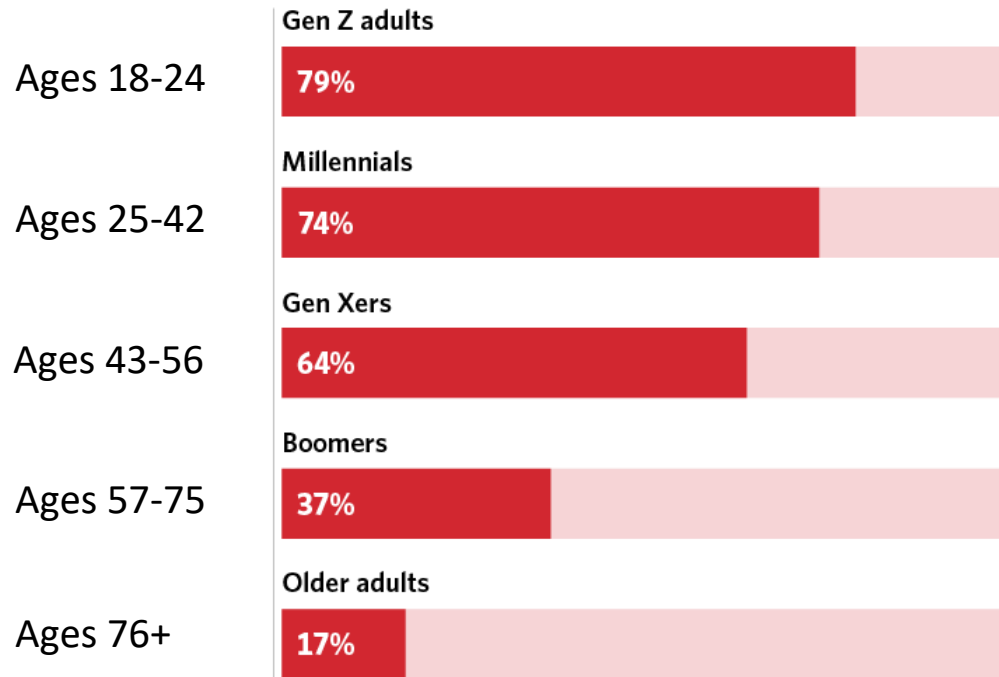
% VERY/SOMEWHAT SIGNIFICANT



Stress in America 2021: **Strain on Parents Increasing**

HAVE EXPERIENCED BEHAVIOR CHANGES IN THE PAST MONTH AS A RESULT OF STRESS

% REPORTING

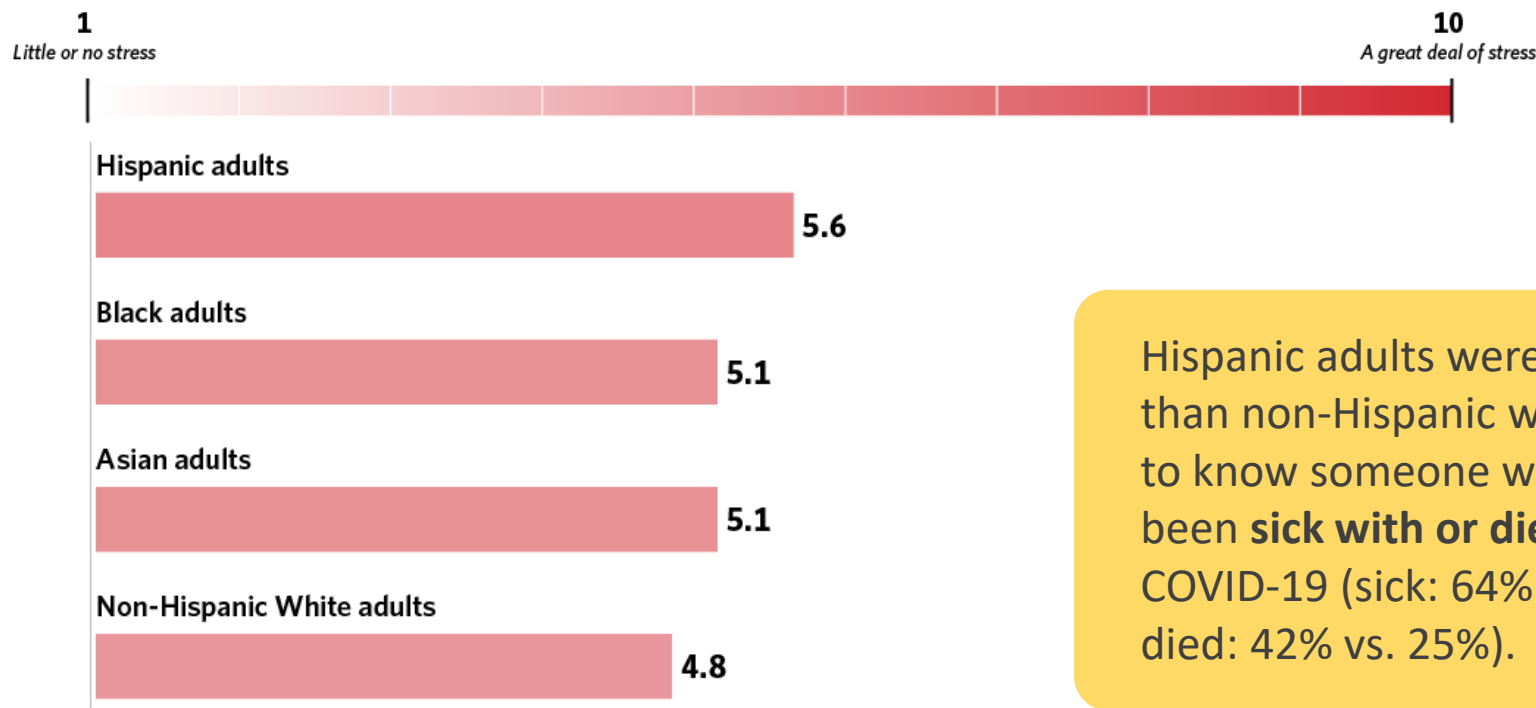


STRESS IN AMERICA™ 2021: STRESS AND DECISION-MAKING DURING THE PANDEMIC

“Almost half of parents reported that sometimes they are so stressed about the coronavirus pandemic that they struggle to make basic decisions (e.g., what to wear, what to eat) (47% vs. 24% of non-parents).”

Stress in America 2021: Elevated for People of Color

AVERAGE STRESS LEVEL OVER THE PAST MONTH RELATED TO THE CORONAVIRUS PANDEMIC



Hispanic adults were more likely than non-Hispanic white adults to know someone who had been **sick with or died** of COVID-19 (sick: 64% vs. 46%; died: 42% vs. 25%).

Covid Stress Syndrome

COMPONENTS

COVID Stress Syndrome is characterized by five related facets: danger and contamination fears, socioeconomic concerns, xenophobia, traumatic stress, and compulsive checking and reassurance seeking.



ASSOCIATIONS

People with more severe COVID Stress Syndrome are more likely to be anxious or depressed, stockpile supplies, experience distress during voluntary self-isolation, and avoid public places or transportation.



ANXIETY OR
DEPRESSION



SELF-ISOLATION
DISTRESS



PANIC BUYING



AVOIDANCE
BEHAVIOURS

About **16%** of adults in the general population have severe COVID Stress Syndrome. These individuals are more likely to need mental health services. A COVID Stress Syndrome self-assessment and self-care recommendations are available at www.coronaphobia.org.



Taylor, S., Landry, C. A., Paluszek, M. M., Fergus, T., McKay, D., Asmundson, G. J. G. (2020)
COVID stress syndrome: Concept, structure, and correlates. *Depression and Anxiety*, 37(7), 1-9.

COVID-19 Increased Risks: PTSD, Anxiety, and Loneliness

Studied mental health outcomes after hospitalization of COVID-19

- Conducted 4/4/20 – 6/16/20
- Assessed patients with and without COVID diagnosis
- N=178 patients (64% COVID-positive)
- **Results:** patients hospitalized with COVID-19 had higher levels of anxiety, PTS, and loneliness, independent of illness severity or pre-existing medical and psychiatric conditions

“We expected to see high rates of PTSD symptoms in COVID-19 patients...**What surprised us was that these high levels of PTSD symptoms in this population weren’t limited to those intubated in the intensive care unit, and 25% of discharged patients screened positive for these symptoms 30 to 40 days’ post-discharge.**”

Joanna Louise Spencer-Segal, MD

Unexpected Future

"It's not at all clear what comes next," said Dr. George Rutherford, an epidemiologist at the University of California, San Francisco. He said the virus could mutate gradually, like what happened with the Alpha and Beta variants. Or it could make a really large jump, like with Delta and Omicron.

"What's next? It's a crapshoot."

Source: <https://www.cnn.com/2022/01/21/health/after-omicron-next-pandemic-steps/index.html>

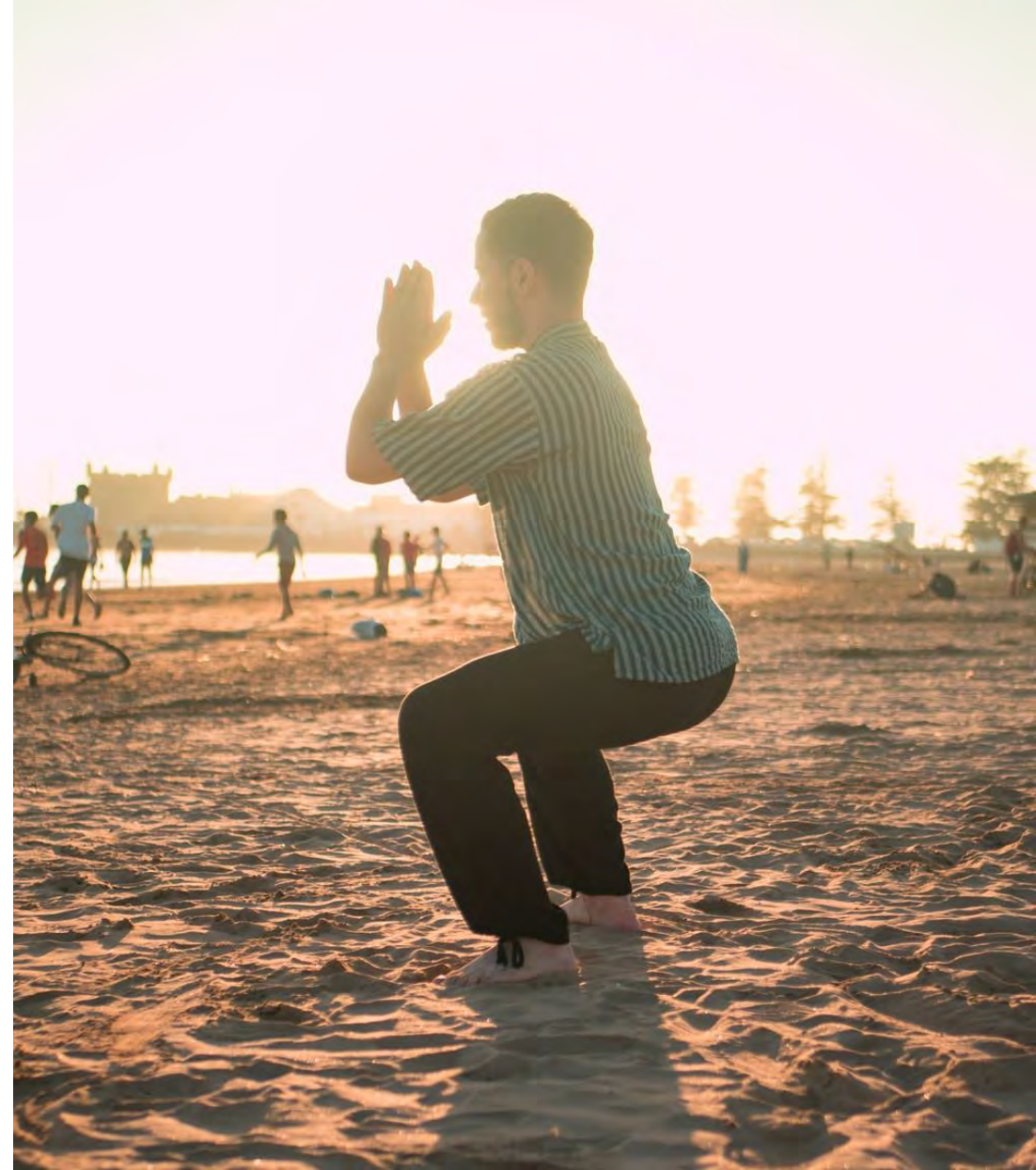
Coronavirus: How should US higher education plan for an uncertain future?

The Pandemic Era Has Begun: How to Navigate Challenges and Opportunities in an Uncertain Future

An uncertain future: How the COVID-19 pandemic is affecting children in care

Coping in Challenging Times

1. Helpful ways to understand our current situation
2. Flexibility Mindset and Sequence
3. Specific coping strategies:
 - Assessing symptoms
 - Interventions
 - Outcomes



Pandemics End

Timeline of the pandemics described in this paper.

Years	Pandemics	Pathogens	Vectors
541–543	Plague of Justinian	<i>Yersinia pestis</i>	Fleas associated to wild rodents
1347–1351	Black Death	<i>Yersinia pestis</i>	Fleas associated to wild rodents
1817–1824	First cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1827–1835	Second cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1839–1856	Third cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1863–1875	Fourth cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1881–1886	Fifth cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1885–ongoing	Third plague	<i>Yersinia pestis</i>	Fleas associated to wild rodents
1889–1893	Russian flu	Influenza A/H3N8?	Avian?
1899–1923	Sixth cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1918–1919	Spanish flu	Influenza A/H1N1	Avian
1957–1959	Asian flu	Influenza A/H2N2	Avian
1961-ongoing	Seventh cholera pandemic	<i>Vibrio cholerae</i>	Contaminated water
1968–1970	Hong Kong flu	Influenza A/H3N2	Avian
2002–2003	Severe acute respiratory syndrome (SARS)	SARS-CoV	Bats, palm civets
2009–2010	Swine flu	Influenza A/H1N1	Pigs
2015-ongoing	Middle East respiratory syndrome (MERS)	MERS-CoV	Bats, dromedary camels
2019-ongoing	COVID-19	SARS-CoV-2	Bats, pangolins?

Piret J and Boivin G (2021) Pandemics Throughout History. *Front. Microbiol.* 11:631736. doi: 10.3389/fmicb.2020.631736

Endemic

We learn to live with it...

(predictable and manageable)

Continuous Traumatic Stress

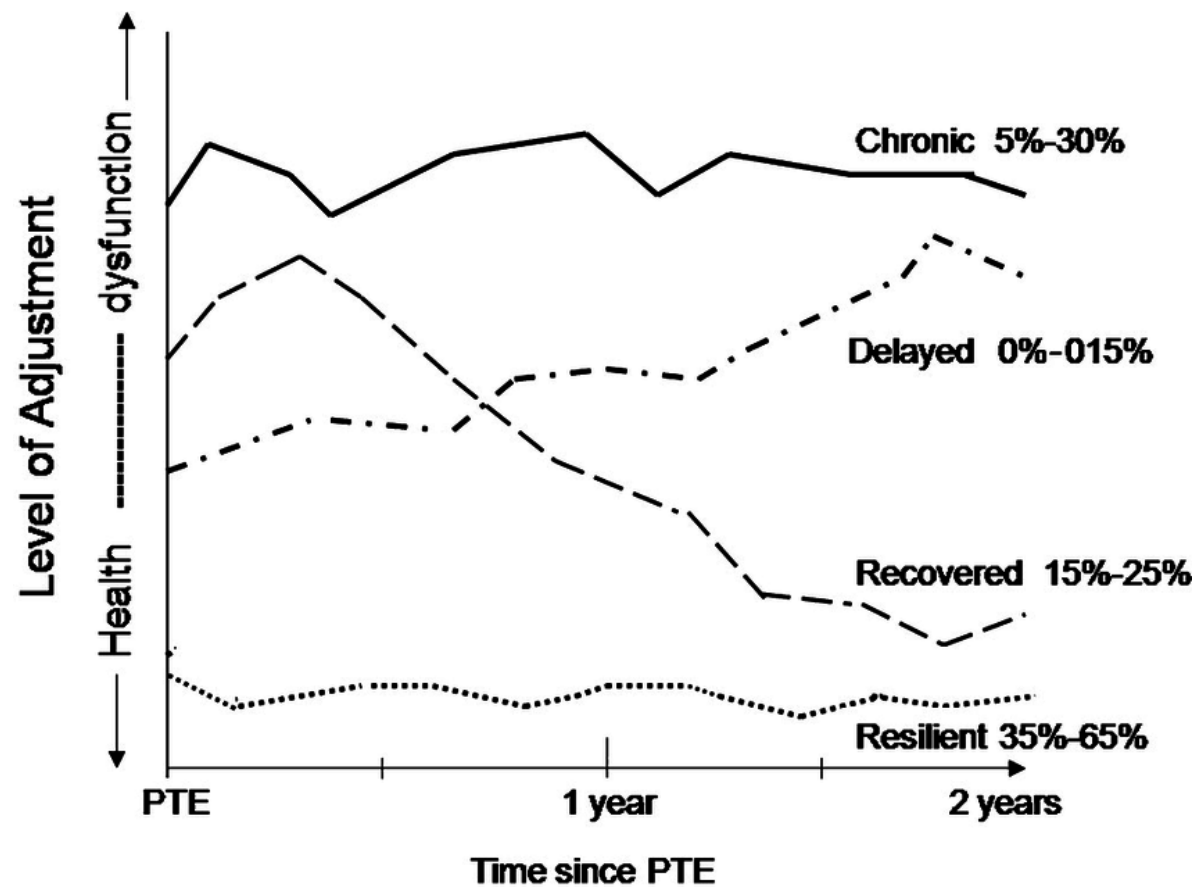
- **Non-pathologizing language** and a recognition that anyone going through such stress would have symptoms
- **Real, life-threatening stress** differentiated from everyday chronic stress
- **A future-focus** rather than trauma in the past, like with PTSD
- **Threats that are largely faceless**, unpredictable, and impact society in pervasive and significant ways
- **A preoccupation with future safety** and hypervigilance around accurately assessing future risks
- **The absence of protections** from future traumatic stress, which often includes a breakdown of community, law and order, and a predictable functioning society

Eagle, G., & Kaminer, D. (2013). Continuous traumatic stress: Expanding the lexicon of traumatic stress. *Peace and Conflict: Journal of Peace Psychology, 19*(2), 85–99.



Four Pathways of Stress and Trauma

- **Path of Resilience (25-65%):** Relatively stable level of everyday functioning in the face of the pandemic.
- **Path of Recovery (15-25%):** Experienced as a gradual return to normal functioning following the onset of more significant clinical symptoms in response to the pandemic.
- **Path of Chronic Symptoms (5-30%):** Struggle with clinical symptoms during and after the pandemic, often leading to the diagnosis of PTSD. This group is also the most likely to have a mental health diagnosis pre-COVID-19 and benefit from early identification and intervention.
- **Path of Delayed Onset (0-15%):** Show less clinical symptoms during the pandemic, but then struggle more in its aftermath. This group is at risk for PTSD and symptoms becoming chronic if not addressed.



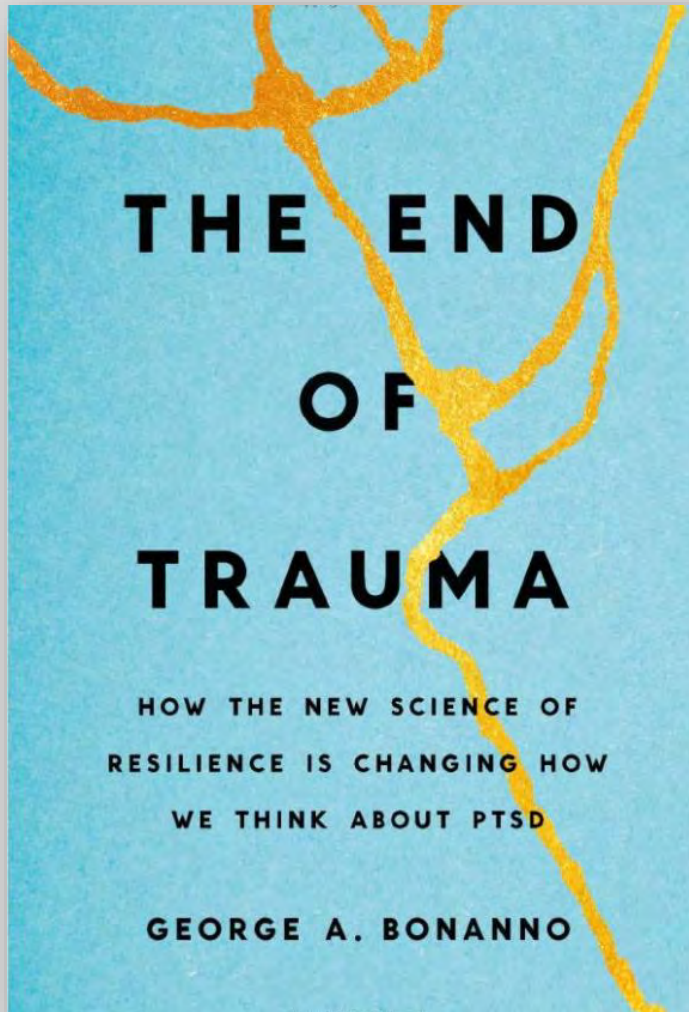
Support for the **Path of Resilience**



Stress levels are holding steady from recent years, and despite many struggles, **U.S. adults retain a positive outlook.**

Most (70%) were confident that everything will work out after the coronavirus pandemic ends, and **more than three-quarters (77%)** said all in all, they are faring well during the coronavirus pandemic.

Coping in Challenging Times: **Resilience vs. Flexibility**



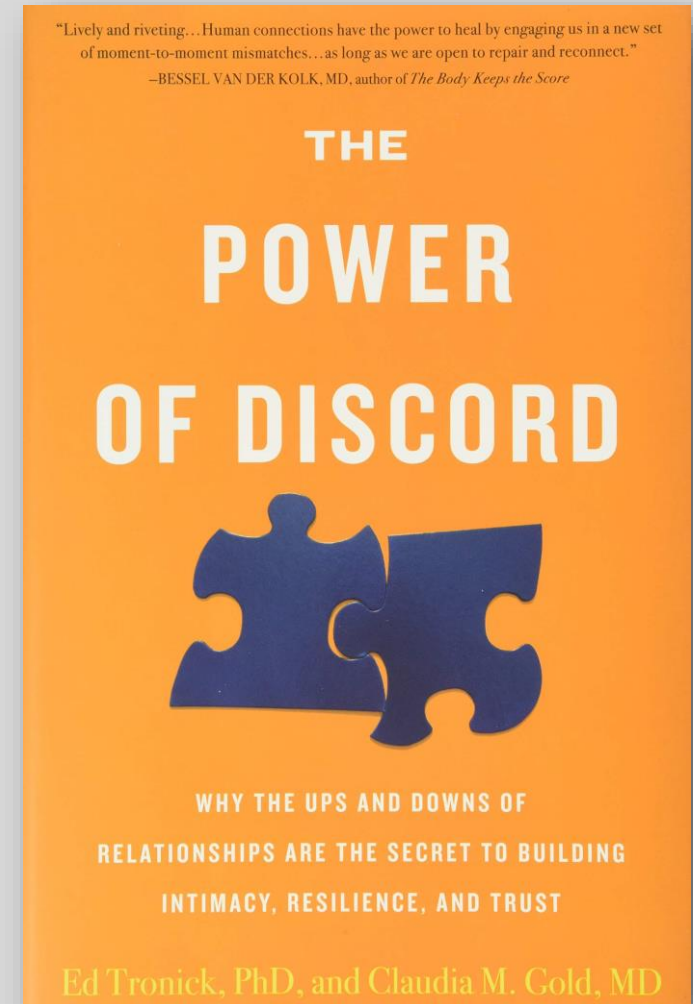
September 2021

“Teaching people how they might become more resilient has always seemed to me to be out of reach. **Resilience is complicated** and, as we’ve seen, **hard to predict with any accuracy**. We can put a lot of effort into cultivating whatever resilience-promoting traits appear on **whatever list** we might come across only to discover that we’ve **barely moved the needle**.”

Flexibility on the other hand, gives us something to work with (p. 198).”

Developing Resilience

“Resilience is neither a trait you are born with nor one that you acquire in the face of catastrophe. Rather, resilience develops when you muddle through the inevitable countless mismatches that occur in relationships with people you love, beginning in early infancy.”



2020

Flexibility Mindset and Flexibility Sequence

Flexibility Mindset

Optimism

The future will be okay

Confidence in Coping

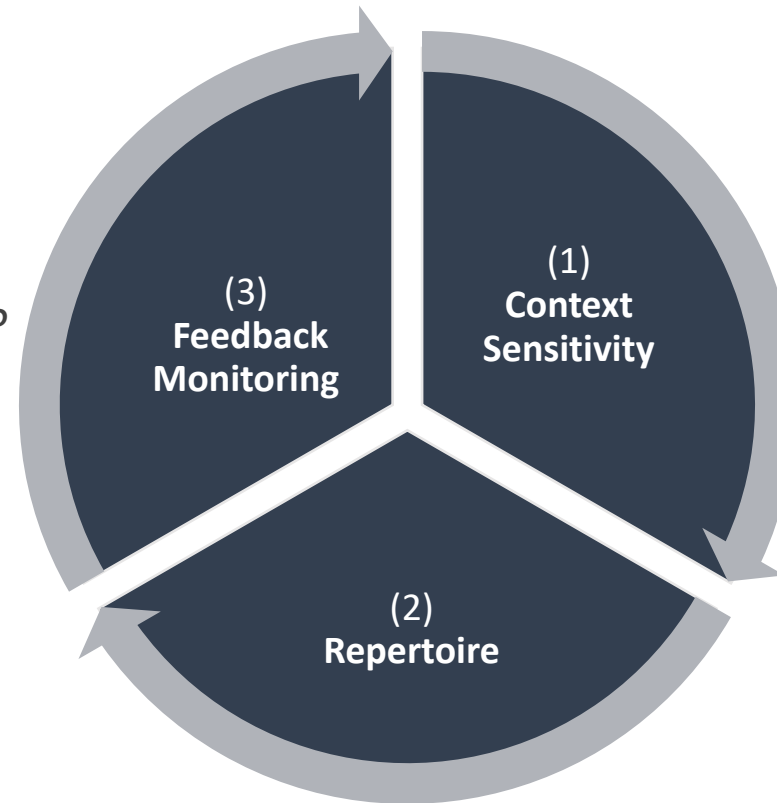
I have the skills

Challenge Appraisal

I will do what is necessary

Flexibility Sequence

Is it working?



*What is happening?
What do I need to do?*

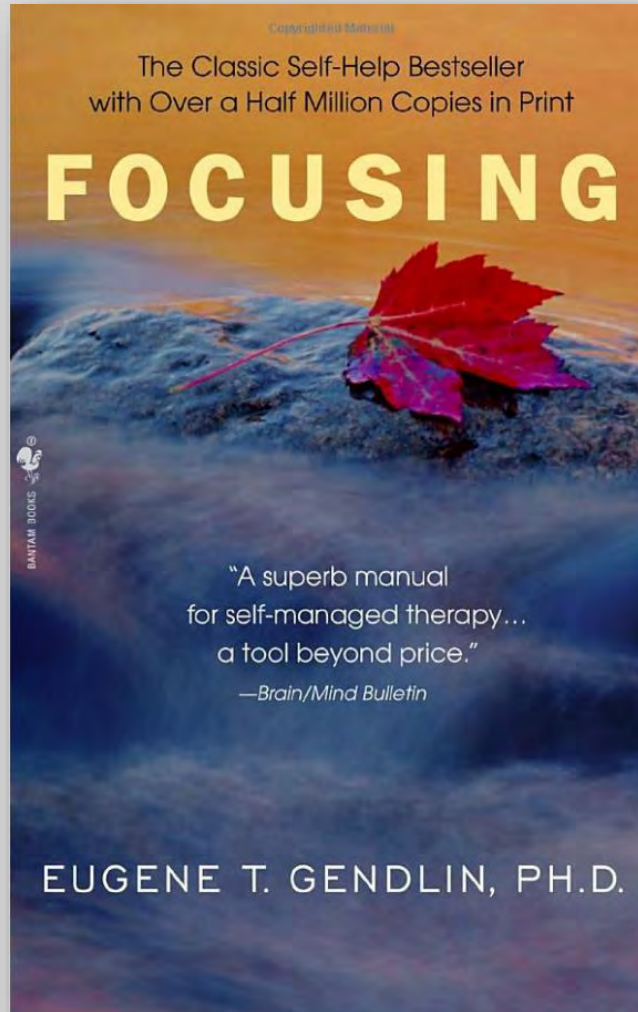
What am I able to do?

(1) Context Sensitivity

What is happening?



What is Most Important right now? **Focusing**

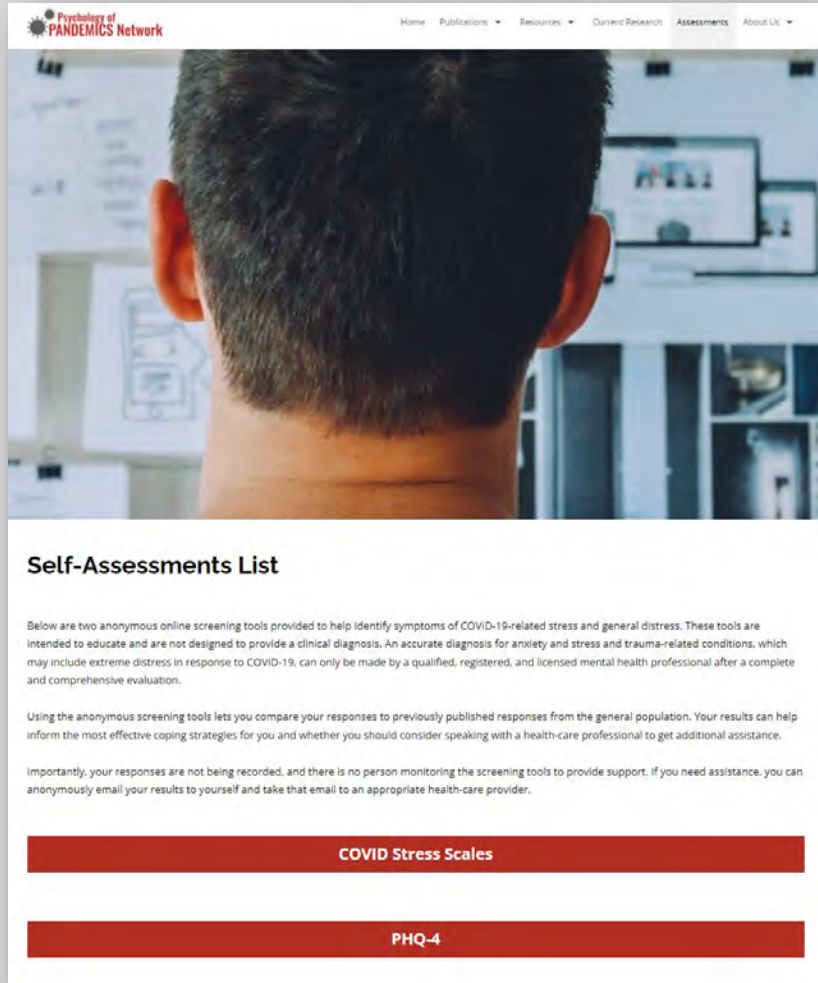


<https://focusing.org>

The Six Steps

1. Clearing A Space
2. Felt Sense
3. Handle
4. Resonating
5. Asking
6. Receiving

Assessing COVID Stress (Syndrome)



The screenshot shows the website for the Psychology of PANDEMICS Network. The navigation bar includes links for Home, Publications, Resources, Current Research, Assessments, and About Us. The main content area features a photograph of a person's head and shoulders from behind, looking at a computer monitor in a clinical or office setting. Below the image is a section titled 'Self-Assessments List'. This section contains a disclaimer about the purpose of the screening tools, followed by two red buttons: 'COVID Stress Scales' and 'PHQ-4'.

Psychology of PANDEMICS Network

Home Publications Resources Current Research Assessments About Us

Self-Assessments List

Below are two anonymous online screening tools provided to help identify symptoms of COVID-19-related stress and general distress. These tools are intended to educate and are not designed to provide a clinical diagnosis. An accurate diagnosis for anxiety and stress and trauma-related conditions, which may include extreme distress in response to COVID-19, can only be made by a qualified, registered, and licensed mental health professional after a complete and comprehensive evaluation.

Using the anonymous screening tools lets you compare your responses to previously published responses from the general population. Your results can help inform the most effective coping strategies for you and whether you should consider speaking with a health-care professional to get additional assistance.

Importantly, your responses are not being recorded, and there is no person monitoring the screening tools to provide support. If you need assistance, you can anonymously email your results to yourself and take that email to an appropriate health-care provider.

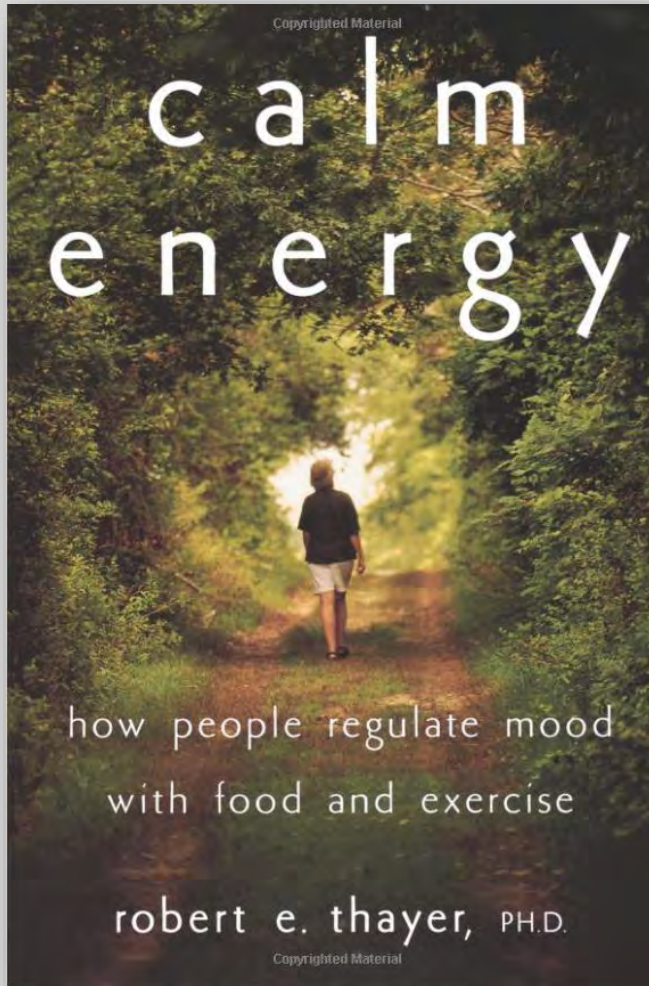
COVID Stress Scales

PHQ-4

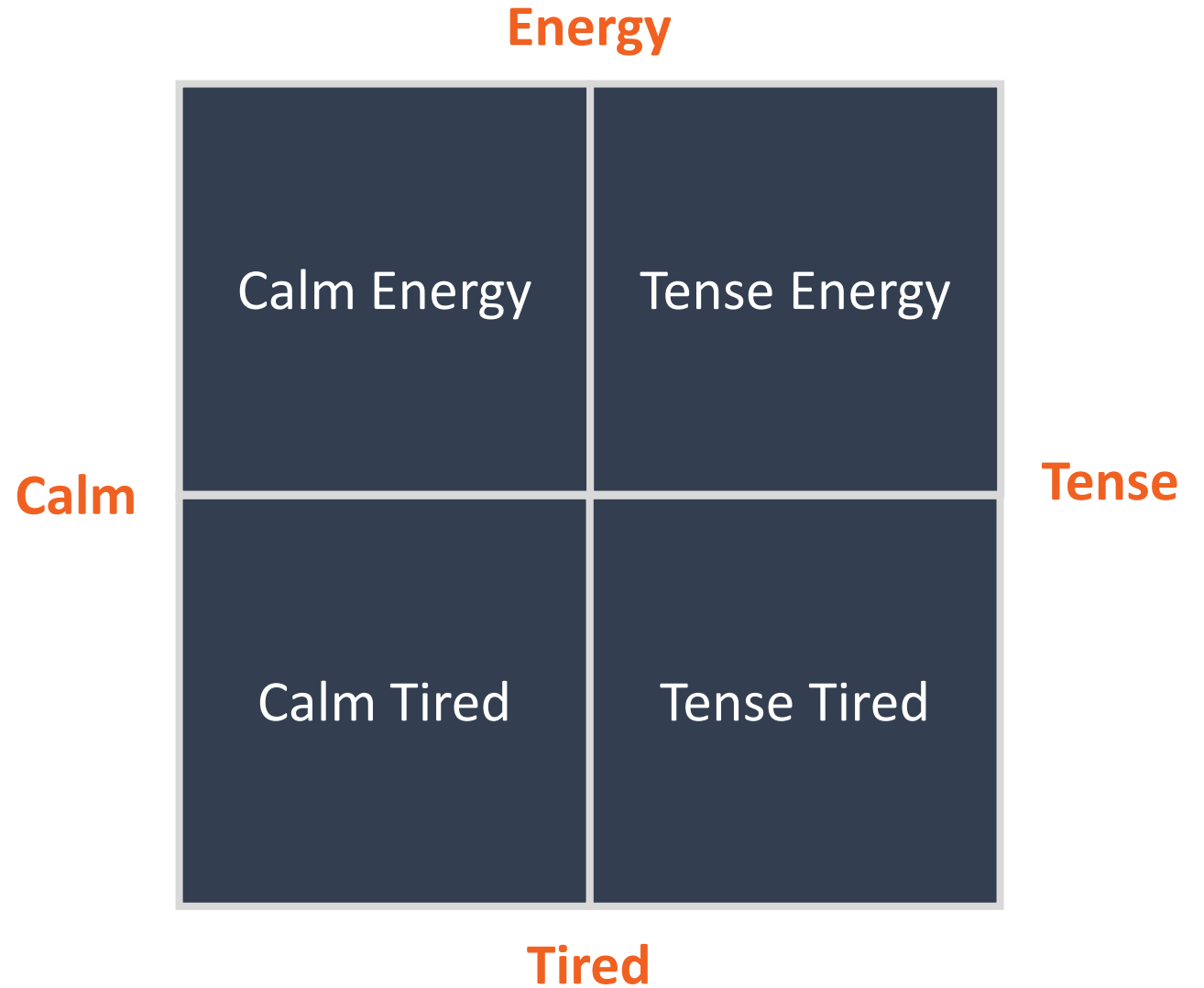
DASS-21: Depression Anxiety Stress Scale-21

<https://coronaphobia.org/list/>

Assessing Mood and Energy



2003



(2) Repertoire



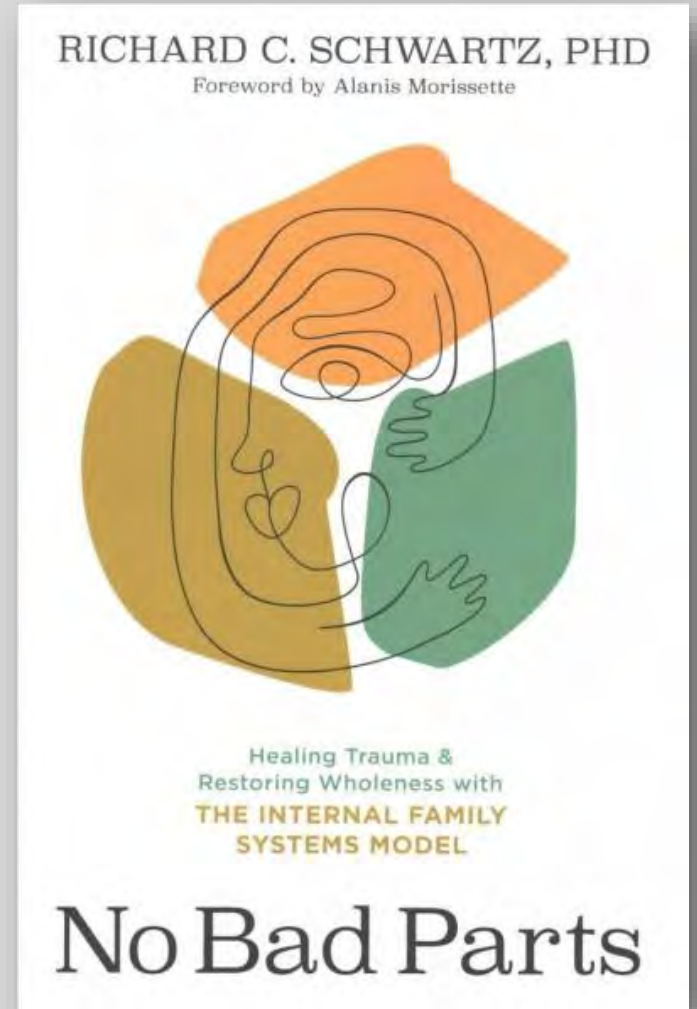
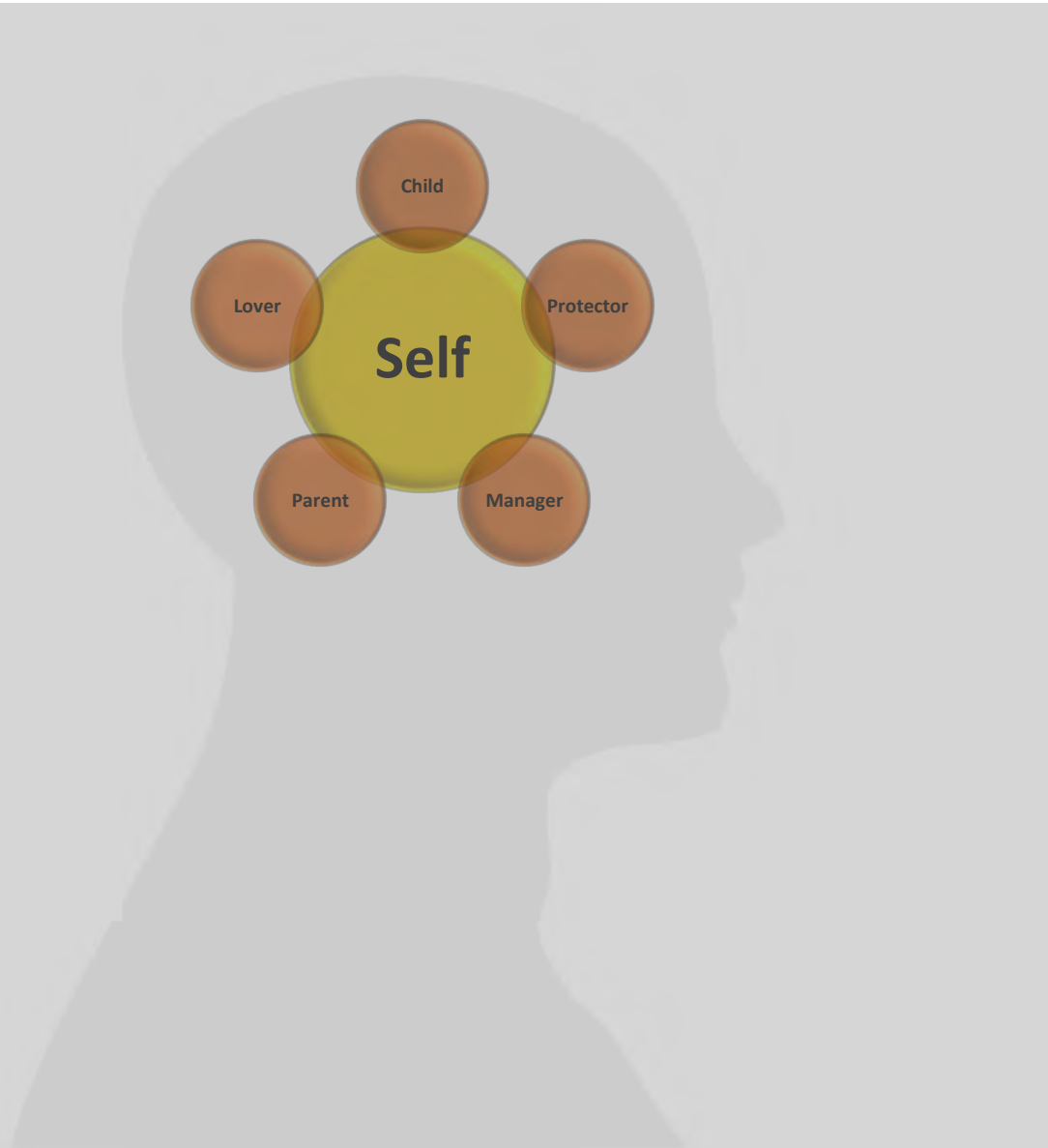
What am I able to do?

(2) Repertoire



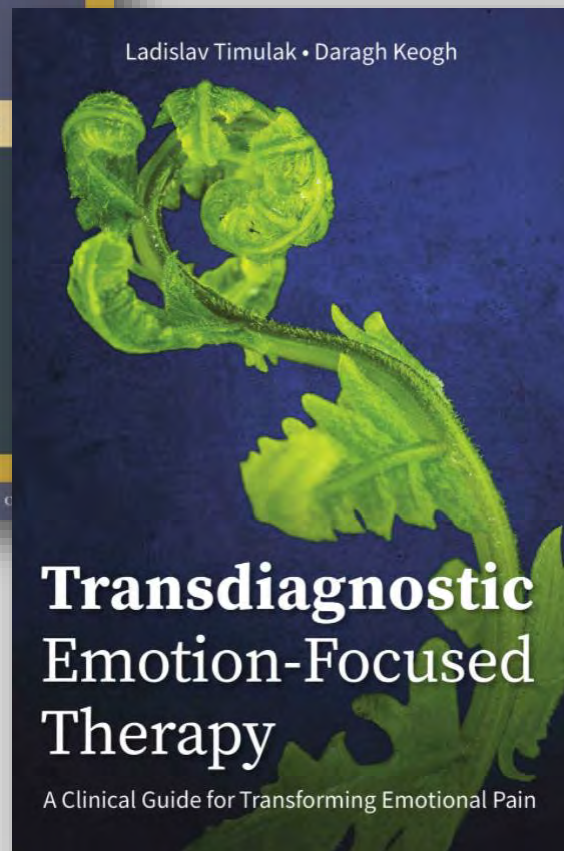
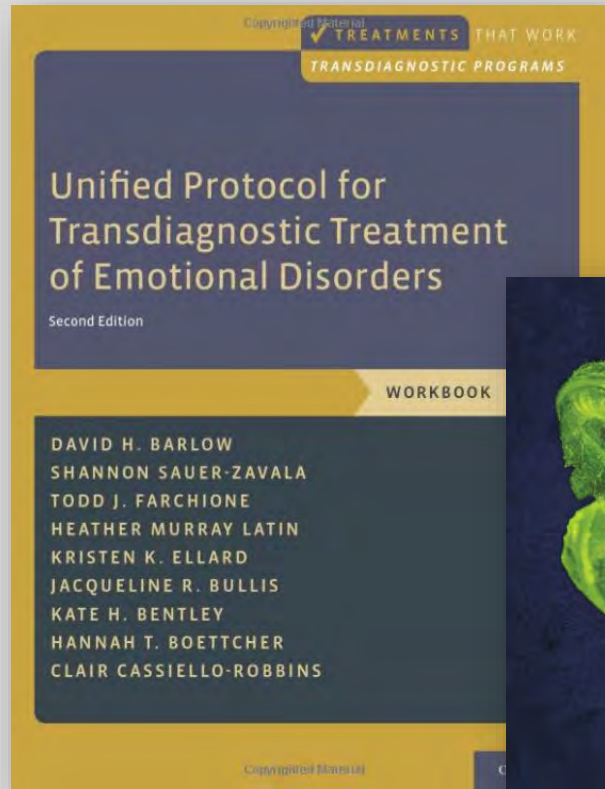
- See a Therapist
- Focus on Sleep
- Exercise
- Focus on Diet
- Practice Mindfulness
- Create a Schedule
- Positive Self-Talk
- Limit Social Media
- Limit News Consumption
- Connect with Friends
- Set Goals
- Be Creative
- Volunteer
- Play Music
- Read
- See a Doctor
- Pray

Managing Your Mind

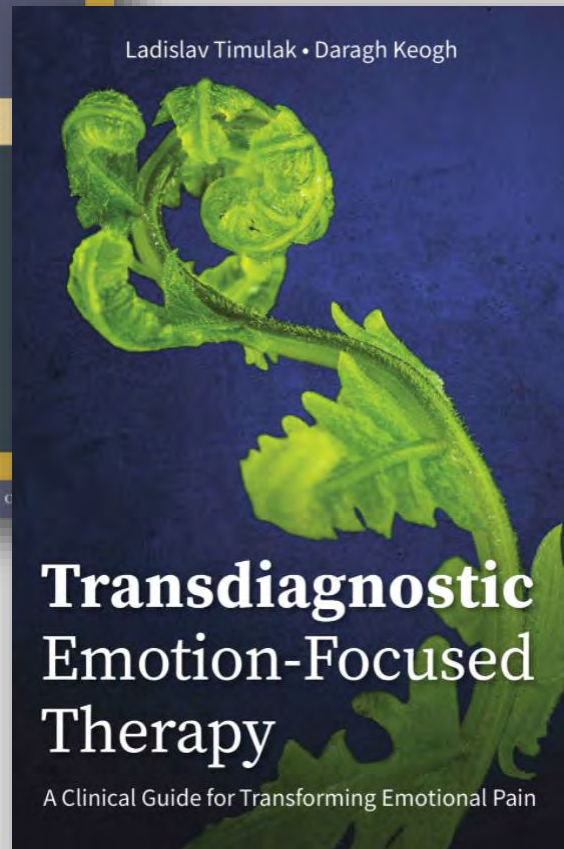
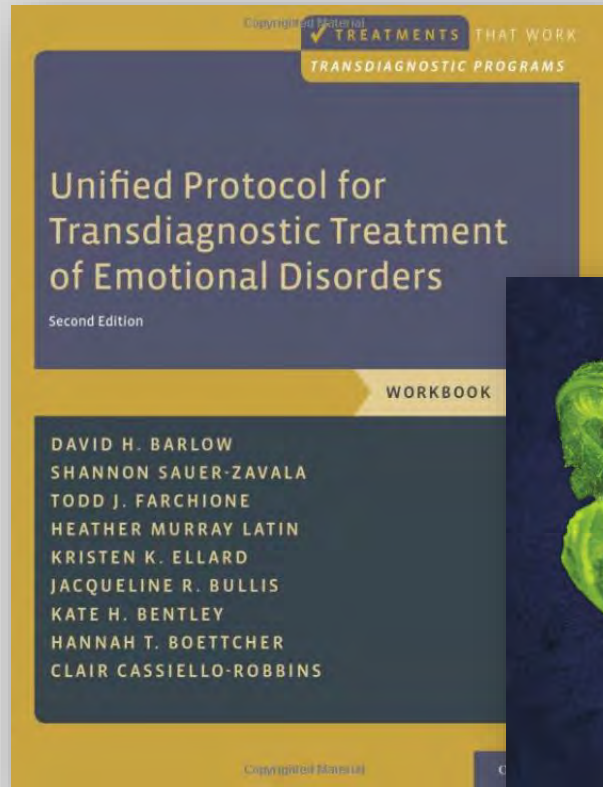


<https://ifs-institute.com>

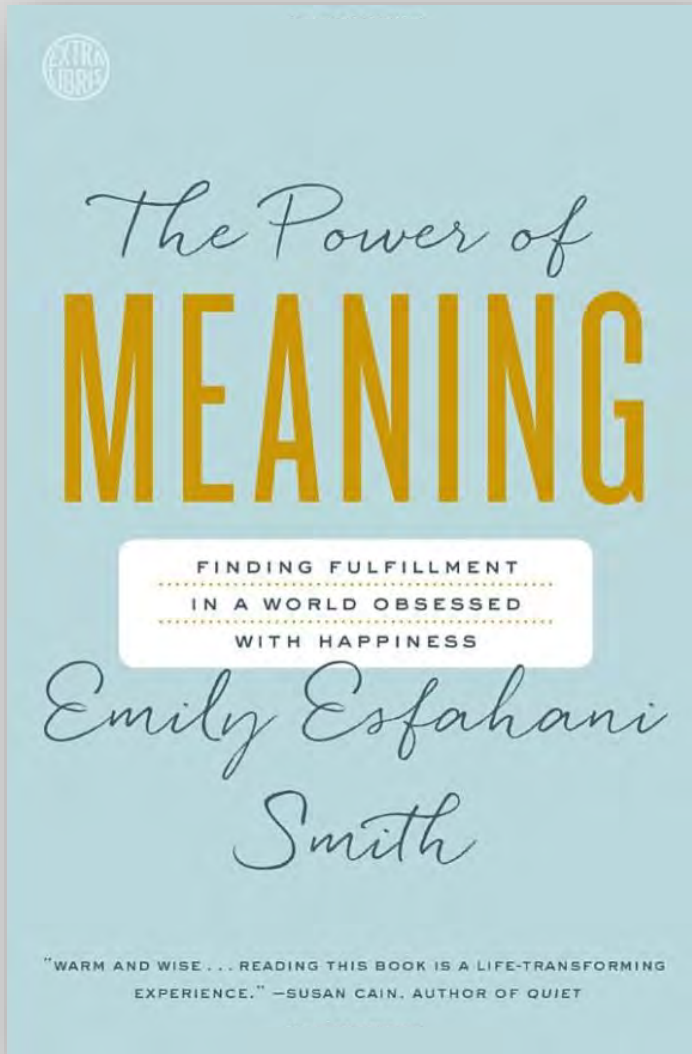
Managing Your Emotions



Managing Your Emotions



Managing Your Time



Belonging

“We all need to find our tribe. In other words, we all need to feel that we belong.”

Purpose

“Is a stable and far-reaching goal, part of one’s personal search for meaning, and a desire to make a difference in the world – to contribute to matters larger than the self.”

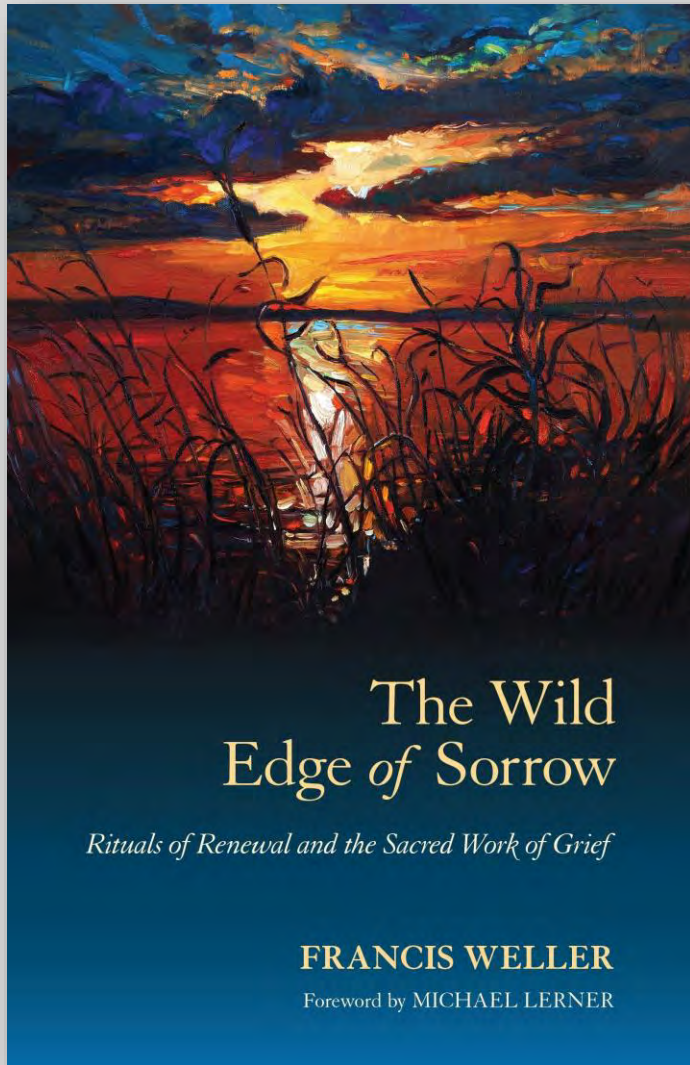
Storytelling

“The stories we tell about our lives reveal how we understand ourselves and how we interpret the way our lives have unfolded.”

Transcendence

“Our sense of self washes away along with all of its petty concerns and desires.”

Managing Your Grief



“No one escapes suffering in this life. None of us is exempt from loss, pain, illness, and death. **How is it that we have so little understanding of these essential experiences?** How is it that we have attempted to keep grief separated from our lives and only begrudgingly acknowledge its presence at the most obvious of times, such as at a funeral?”

Francis Weller

www.francisweller.net

(3) Feedback Monitoring

Is it working?



(3) Feedback Monitoring

“There is no **magic bullet**, no single best way to cope for everyone. Every trait, every resource, every behavior, has both costs and benefits. What works in one situation for one person may not be effective for another person, or even for the same person in another situation or at another point in time.

We need to keep adjusting and readjusting as we go.”

George Bonanno, The End of Trauma



Culture Heals: **Hold Each Other Up**

