



Resiliency and Wellness: A Silver Lining

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**The Center for Alcohol and Drug Resources
a program of Children's Aid and Family Services**

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Resilience is not all or nothing. It comes in amounts. You can be a little resilient, a lot resilient; resilient in some situations but not others. And, no matter how resilient you are today, you can become more resilient tomorrow.

KAREN REIVICH



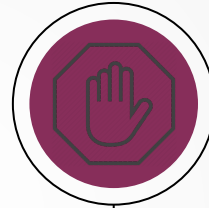
Why does COVID-19 affect mental health?



Increased Stress



Social Isolation



Barriers to Service



COVID Burnout

Pandemics can be stressful!



Fear and worry

Difficulty sleeping or concentrating

Changes in sleep or eating patterns

Worsening of mental health conditions

Worsening of chronic health problems

Increased use of substances

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

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



*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/dailylifecoping

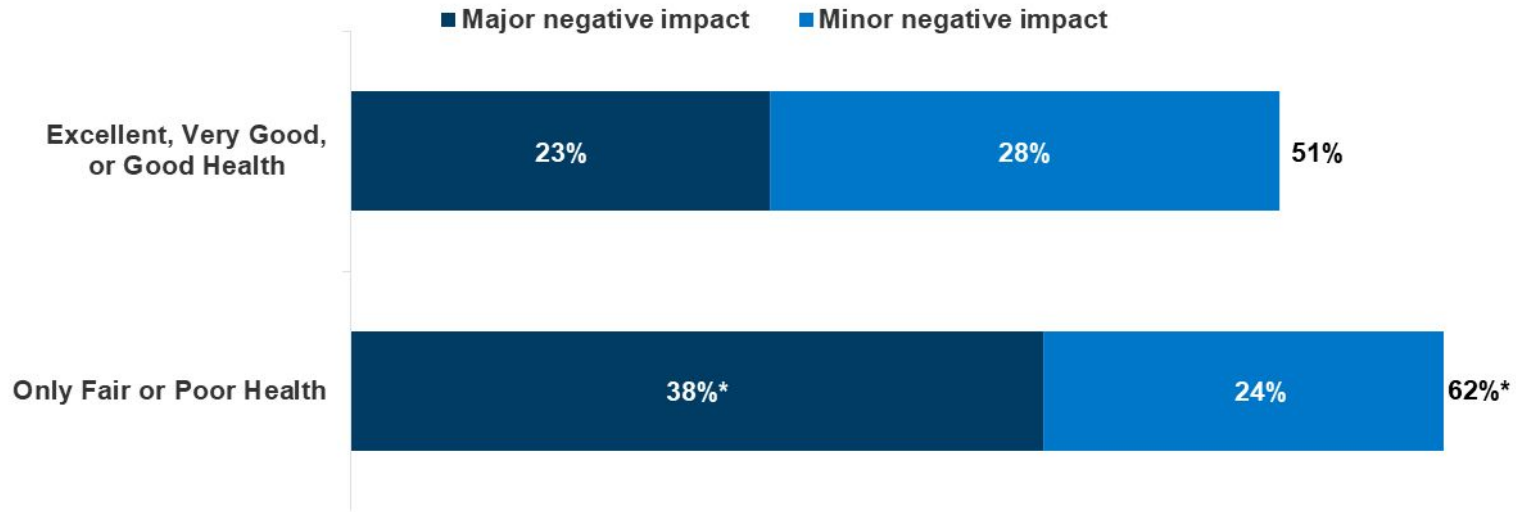
CDC.GOV

bit.ly/MMWR81320

MMWR

Figure 7

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, by Health Status



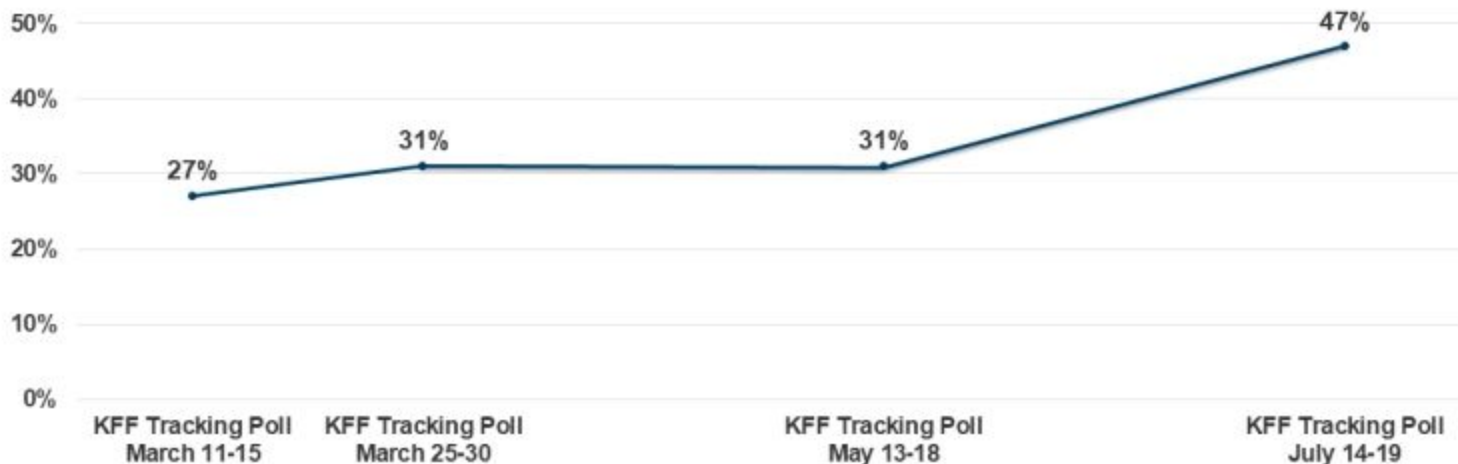
NOTES: *Indicates a statistically significant difference between those with excellent/very good/good health at the $p < 0.05$ level. Distribution may not sum to total due to rounding.

SOURCE: KFF Health Tracking Poll (conducted July 14-19, 2020).



Figure 4

Percent of Older Adults (Ages 65 and Up) Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health

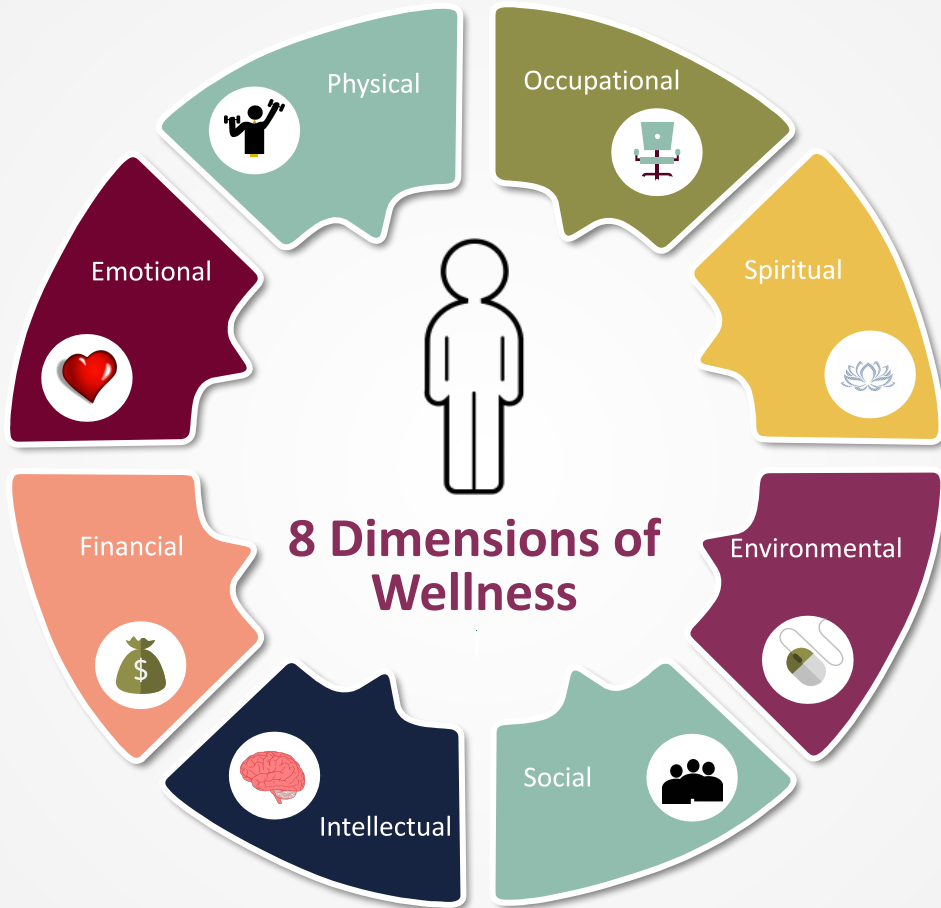


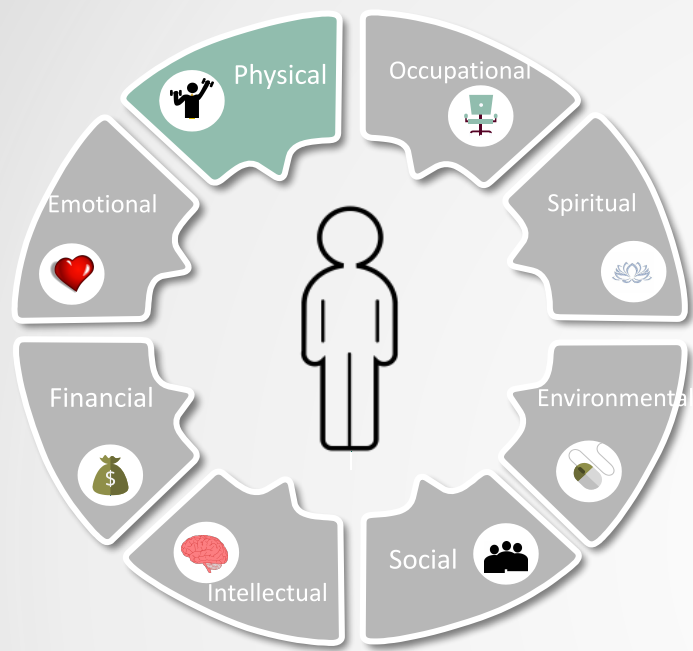
SOURCE: KFF Tracking Poll (conducted March 11-15, March 25-30, May 13-18, and July 14-19, 2020).



Substance use during the Pandemic







Physical



PHYSICAL ACTIVITY

Move for a little bit at a time

Go outside

Yoga

10 minute exercise mini sessions

Active families

NUTRITION

Mindful eating

Food distribution

Drink water

Try a new meal

Cook as a family

SLEEP

Go to bed and wake up at the same time

Get 7-9 hours of sleep

Resources

Yoga with Adrienne (YouTube)

Stand up Time (App Store)

Sleep Score (App Store)

Tasty.com <https://tasty.co/article/melissaharrison/cooking-with-kids>

Senior Exercises Online <https://www.seniorexercisesonline.com/>

Let's Move - Active Families <https://letsmove.obamawhitehouse.archives.gov/active-families>

Celebrating Seniors Programs: Exercise, Mindful Bodies, and more
<https://www.tcadr.org/virtual/celebratingseniors/events.html>

Emotional



Practice gratitude

Keep moving

Stay connected

Show compassion

Avoid excessive media coverage

Take a mini break for your mind, body, and soul

Take breaks when you start to worry: funny movie, listen to music, play a game

Deep breathing, guided meditation, yoga, aromatherapy, mindfulness

Reach out for help

Resources

National Suicide Prevention Hotline (call/txt): 800-273-8255

211 New Jersey: 211

NJ Hopeline: 1-855-654-6735 <https://njhopeline.com/>

Council on Compulsive Gambling: 1-800-GAMBLER

Alternatives to Domestic Violence (Bergen County): 201- 336-7575

Bergen County Psychiatric Emergency Screening Program: 201-262-HELP (4357)

Children's Mobile Crisis/Performcare: 877-652-7624

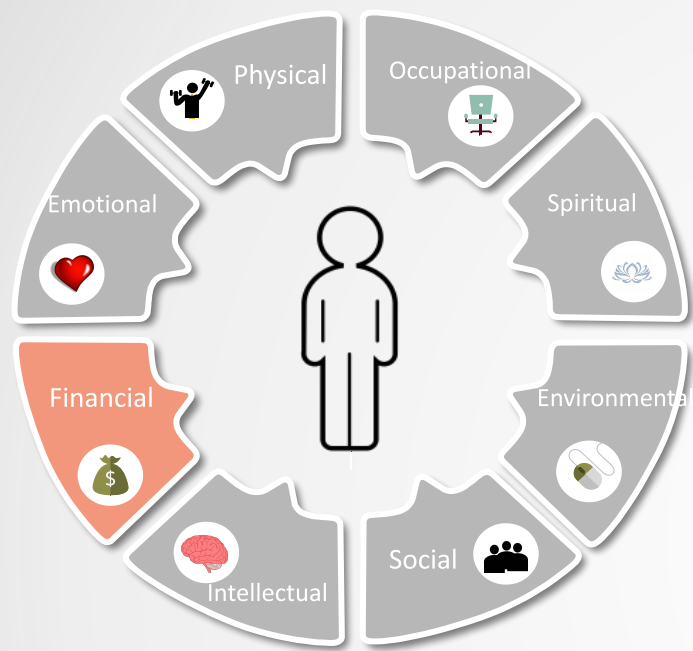
Juvenile Family Crisis Intervention Unit: 201- 336-6909

2nd Floor NJ Youth Helpline (call/txt): 1-888-222-2228.

Bergen Resourcenet: <https://www.bergenresourcenet.org/>

Bergen County Recovery Support Hotline (call/txt): 201-589-2976 www.stoptheods.com

Children's Aid and Family Services Outpatient Counseling: 201-261-2800 www.cafsnj.org



Financial



Review your budget and make adjustments

If you can, start an emergency fund

Know your health benefits

Reach out for help

Resources

211 New Jersey: 211

<u>Agency</u>	<u>Phone</u>	<u>Website</u>	<u>Programs</u>
Bergen County Board of Social Services	(201) 368-4200	http://www.bcbss.com/	<ul style="list-style-type: none">• Food Stamps• Emergency housing assistance• NJ Family Care (Insurance)• Temporary Assistance for Needy Families
Housing, Health, and Human Services Center (HABC)	(201) 336-6475	http://habcnj.org/	<ul style="list-style-type: none">• Housing placement and support• Emergency shelter
Homeless Prevention Program	(201) 996-7377		<ul style="list-style-type: none">• Back rent• Housing expenses• Security deposits

Resources

211 New Jersey: 211

<u>Agency</u>	<u>Phone</u>	<u>Website</u>	<u>Programs</u>
Center for Food Action	Number varies by location – visit website	http://cfani.org/	<ul style="list-style-type: none">• Food• Housing• Utility and heating assistance• Counseling and advocacy services
Greater Bergen Community Action	(201) 968-0200	http://www.greaterbergen.org	<ul style="list-style-type: none">• Head Start• ESL and GED programs• Weatherization assistance• Home energy assistance program• Other utility assistance
One stop Career Center - Workforce Investment Board	(201)329-9600	https://www.careeronestop.org	<ul style="list-style-type: none">• Job search assistance• Job placement• Displaced homemaker program• Veteran job seekers• Education classes



Intellectual



**Know where to find the facts about COVID-19:
<https://covid19.nj.gov/>**

Take free online classes, workshops, or virtual field trips

Read books you have always wanted to read or find new books

Listen to a podcast

Join a parenting or caregiver online group or class

Resources

River Edge Public Library <https://www.riveredgepubliclibrary.org/>

New Jersey COVID Information Hub - <https://covid19.nj.gov/>

EdX - Browse more than 2,500 free courses available with subjects ranging from computer science to arts and humanities to foreign languages. <https://www.edx.org/>

Google Arts and Culture -Many museums have partnered with Google to bring the Masters to your living room. <https://artsandculture.google.com/partner?hl=en>

Virtual Tours of Museums and Zoos - Many sites are offering free virtual tours of cultural institutions so you can travel without leaving the couch

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

EPIC Parenting Program: <https://www.tcadr.org/help/individual-family/parent-family-programs.html>

Social



Call, text, video, write letters, etc. to stay in touch

Virtual game or movie night

Find ways to help others - big or small

Join a virtual organization

Be compassionate

Have a family game night

Resources

How to Become Tech Savvy in 10 Days: We are surrounded by an array of digital devices, whether its smartphones, social media, tablets, banking machines, or laptops. There's no avoiding it, so we should learn how to use all these technological advances to make life easier. It's easy to become tech savvy seniors when you begin to learn more about the technology around you.

<https://aginginplace.org/how-to-become-tech-savvy-for-seniors-in-10-days>

Zoom Game Night: Whether you prefer trivia, Bingo, word games, or card games, there's a way to play online. <https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Family Friday Activities: <https://www.tcadr.org/virtual/familyfridays.html>

Strengthening Families Program:

<https://www.tcadr.org/help/individual-family/parent-family-programs.html>

Environmental



Set boundaries between your work life and your personal life

Consider starting an herb or vegetable garden

Take time to declutter, organize, or deep clean your home

Spend time in nature

Make a comfortable workspace

Add a nature background to a picture or listen to sounds of nature

Resources

Creating a work from home space:

<https://www.realsimple.com/home-organizing/organizing/organizing-home-office/how-to-create-makeshift-home-office>

Free nature photos for backgrounds: <https://unsplash.com/backgrounds/nature>

Pandora Radio



Spiritual



Connect to your spiritual community

Connect with your natural surroundings

Carve 5-10 minutes for mindfulness

Give breaks for mind, body, and spirit.

Focus on your purpose

Look for a greater meaning in life

Resources

HeadSpace (App Store/Amazon Firestick)

OMM - One Moment Meditation (App store)

Calm (App Store)

Yoga with Adrienne (YouTube)

Occupational



Take a physical break for a productivity boost

Set boundaries between work and personal life

Take online professional development classes

Balance children at home and trying to work

Update cover letter, resume, and LinkedIn

Practice your public speaking and interview skills

Resources

Stand Up Timer (App store)

EdX - Browse free professional development courses.

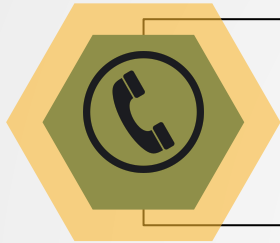
<https://www.edx.org/learn/professional-development>

Tips for working at home with children

<https://www.themuse.com/advice/work-from-home-kids-coronavirus>

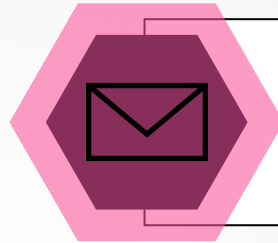


Contact Us



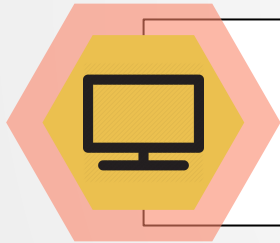
Call Us

201-740-7069
Recovery Support: 201-589-2976



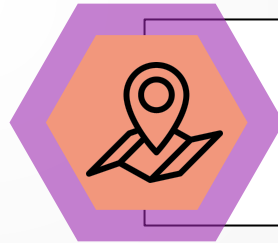
Email Us

thecenter@cafsnj.org



Visit Us Online

www.tcadr.org
www.cafsnj.org
www.stoptheods.com



Location

22-08 Route 208 South
Fair Lawn, NJ 07410



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