Diversity Series: The Intersections of Diversity, Equity and Belonging in the Wake of COVID-19

COVID-19 and Managing Mental Health and Other Disability Concerns
CURRENT EVENTS
EMOTIONAL WELLNESS

Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions.

Emotional wellness also includes the ability to learn and grow from experiences. Emotional well-being encourages autonomy and proper decision making skills. It is an important part of overall wellness.
YOU ARE NOT ALONE
WHO DO YOU LEAN ON?
THE BRAIN AND STRESS

Prefrontal Cortex

Hippocampus

Amygdala
THE AMYGDALA

The almond part of the brain.
The primary function is decision-making and emotional responses.

It helps the brain to process fear and anxiety.
It sets off the alarm.
Pandemic/Trauma and The Brain

• Increased activity to the brain
• This area of the brain helps us to process our emotions
• Fear responses
Grace LaConte’s

The 4 Responses to Fear

Fight
- Action: Attack
- Emotion: Anger
- Outcomes: Insult, Blame, Mistreat

Face
- Action: Defend
- Emotion: Connected
- Outcomes: Preserve and Mitigate

Flight
- Action: Hide
- Emotion: Denial
- Outcomes: Avoid, Omit, Sabotage

Freeze
- Action: Comply
- Emotion: Shut Down
- Outcomes: Justify and Rationalize

LaConte Consulting ©2017
http://laconteconsulting.com
Anxiety Iceberg Original

**Behavior**
- Anxious
- Afraid
- Nervous
- Overwhelmed
- Confused
- Stressed

**Feelings**
- Embarrassed
- Ashamed
- Disgusted
- Overwhelmed
- Depressed
- Stuck
- Jealous
- Disrespected
- Offended

- Helpless
- Hurt
- Insecure
- Regret
- Uncomfortable
- Rejected
- Sad
- Grief
- Lonely
- Tired
- Frustrated
QUESTION 1:
WHAT ARE SOME OF YOUR FEARS AND ANXieties RELATED TO THIS COVID-19 PANDEMIC?
EMOTIONAL WELLNESS CHECK

- DON’T ASK DIRECT QUESTIONS
- CREATE SPACE TO COMMUNICATE
- BE HONEST
- CREATE ENVIRONMENT TO CONVERSE
- PAY ATTENTION TO THEIR EYES
- SMALLER CHILDREN BEING MORE CLINGY
MIRROR, MIRROR ON THE WALL

Children will mirror what they see

Children will act out what adults are not expressing
ACTIVITIES THAT YOU CAN DO WITH YOUR CHILDREN TO COPE WITH FEAR AND ANXIETY

- Coloring
- Drawing
- Journaling
- TikTok Videos
- Breathing Techniques
- Dancing
- Housework
- Laughing
- Storytelling
RESOURCES

National Alliance on Mental Illness COVID-19 Resource and Information Guide

https://councilbh.org/coronavirus-update/


https://shcs.ucdavis.edu/wellness/emotional
Questions?

TRACY PRUITT, M. ED
tracypruit@tpconsult.org