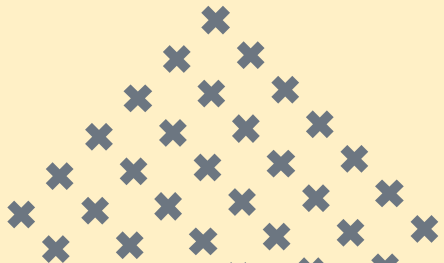




The ABCDEs of Coping During a Pandemic

Solomon, D. (2020). Practicing the ABCDEs of Self-Care in Pandemic Times. *The American Journal of Nursing*, 120(7), 47–47.
<https://doi.org/10.1097/01.NAJ.0000688224.96110.fa>





01

GROUP MEETING TIMES

Mondays 12pm –
12:50pm
Wednesdays 7pm –
7:50pm

02

PURPOSE OF THE GROUP

To discuss and practice
practical ways to
maintain well-being
during the pandemic

03

GROUP STRUCTURE

Confidentiality
reminder, open
discussion, practical
tips or exercises

04

PRACTICAL EXERCISES

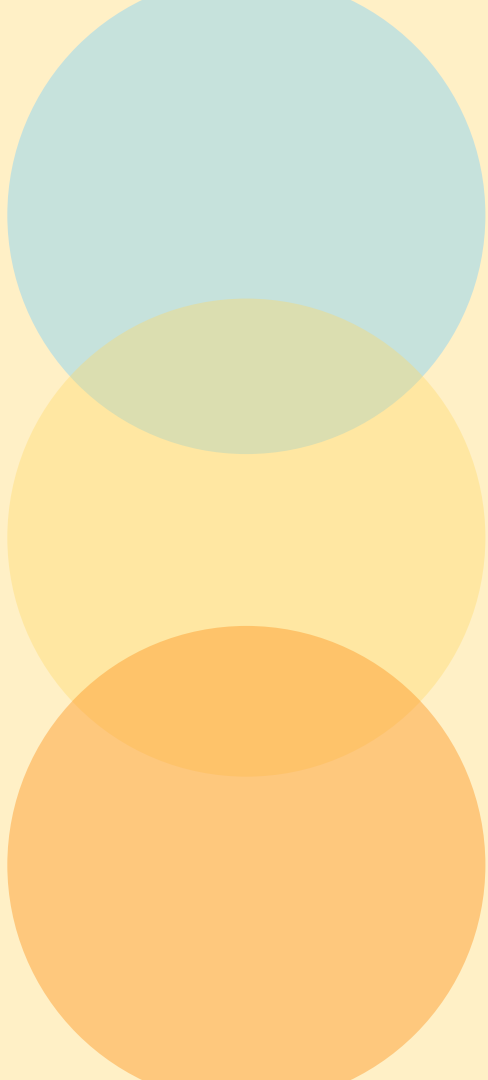
Mindfulness, Progressive
Muscle Relaxation,
Lovingkindness
Meditation, and others



Many of us who have enjoyed relative psychological well-being are feeling inundated with near pathological levels of anxiety, uncertainty, anticipatory grief, and real or secondary trauma.

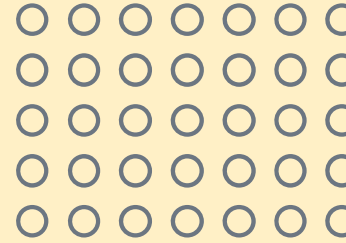
Here are the ABCDEs of self-care to keep yourself and your loved ones emotionally – and physically – well.

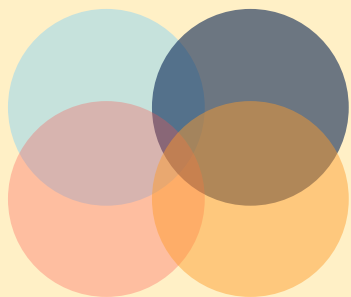




01

ABOUT

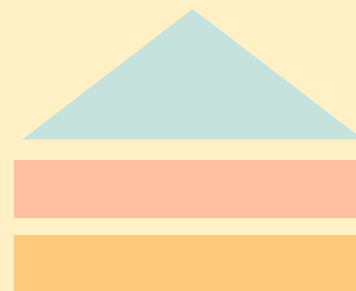




STAY INFORMED

Learn what you need to know to take best steps to take care of yourself and your loved ones.

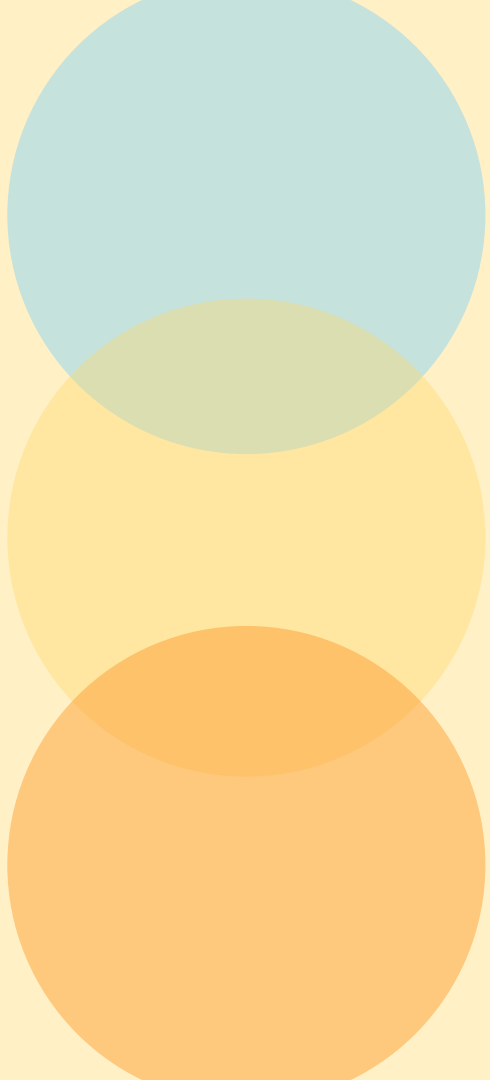
What are the recommendations at this time?



SENSORY DIET

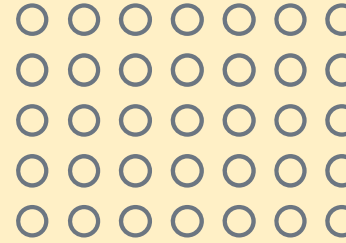
Unplug after needed information is gathered to limit anxiety-provoking exposure to TV, radio, social media, etc. Fearful news can be addictive.





02

BODY



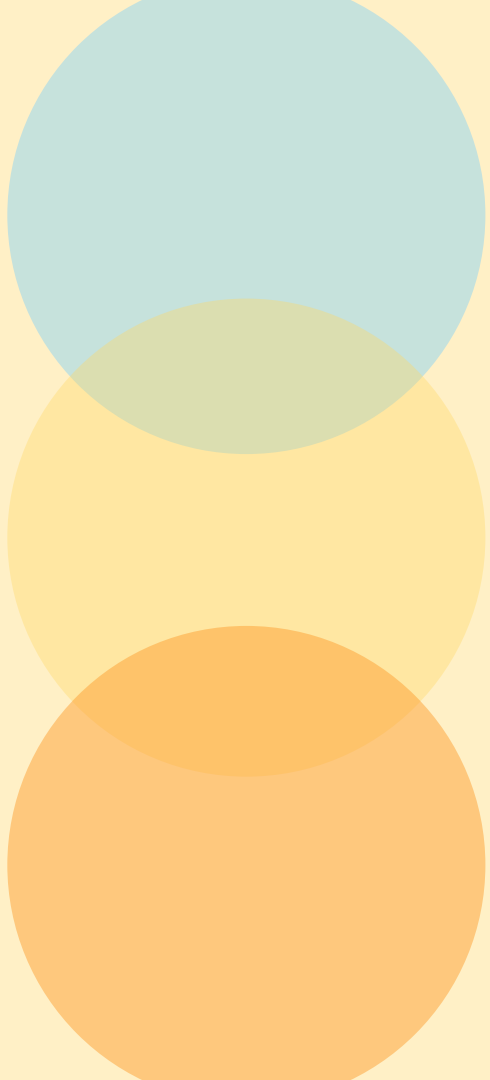


This Photo by Unknown Author is licensed under [CC BY](#)

How can I best care for myself?

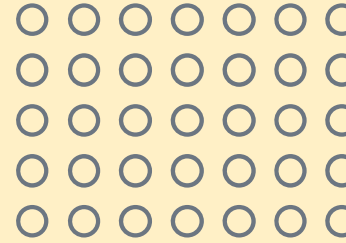
- Moving your body – exercise
- Fresh air
- Adequate sleep
- Decent nutrition
- Other efforts to stay well (i.e., washing hands, wearing masks, etc.)

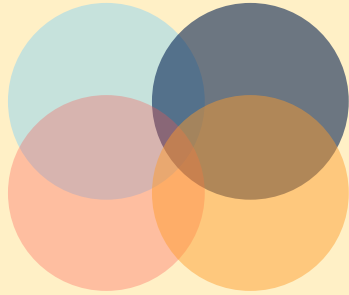




03

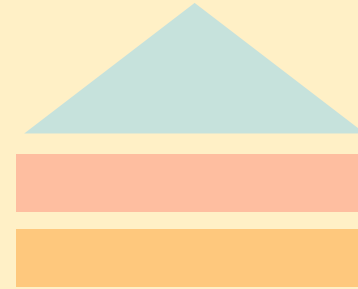
CONNECT





STAY CONNECTED TO OTHERS


Stay connected to friends and family through virtual connection, such as Zoom, Facetime, group watch for movies and tv shows, etc.



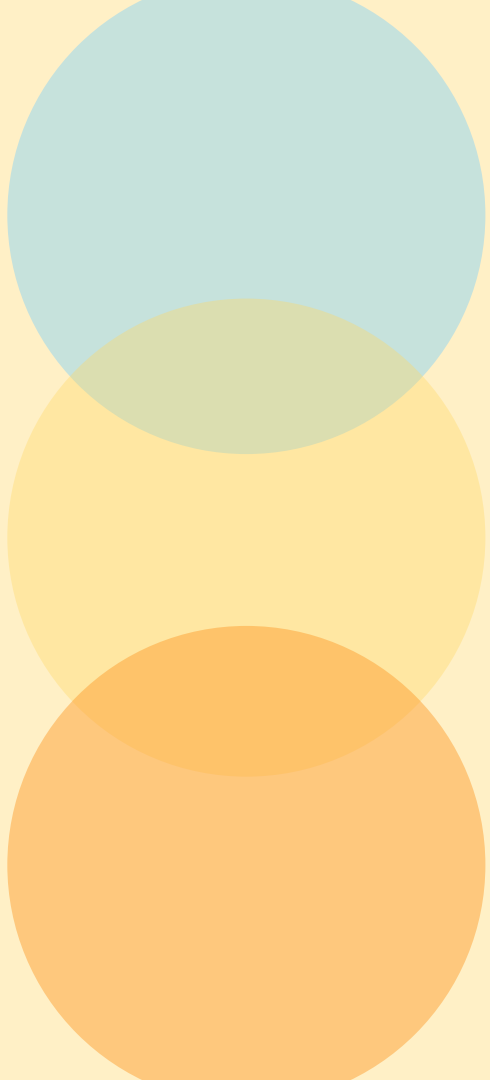
STAY CONNECTED TO SELF

Being mindful of mental processes can keep us alert to scary thoughts about things we have no control over. Then, we can take steps to turn them in a positive direction.



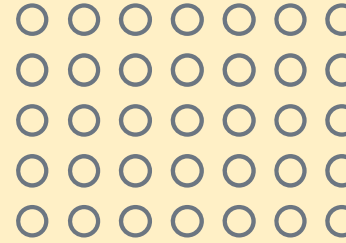


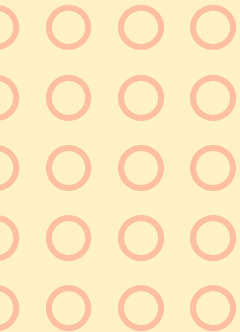
**Just as with
negative
emotions,
positive
emotions are
infinitely
contagious.**



04

DEVELOP

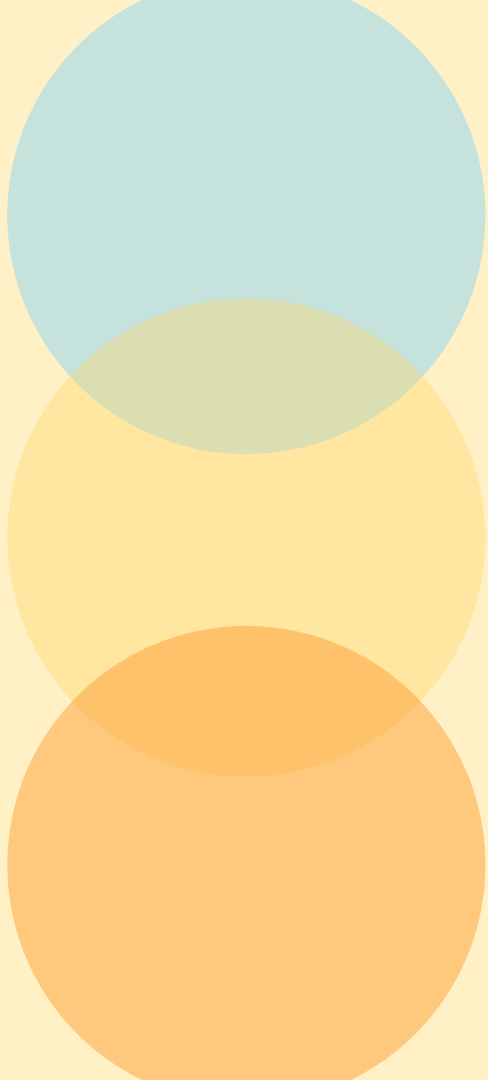




Pivot our problem-solving into creativity and
innovation

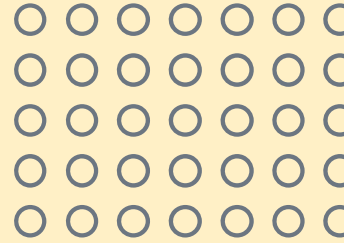
Posttraumatic Growth

When we transform adversity into resilience and
growth



05

EMOTION





You are not alone

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Access to some helpful links at:

www.cdc.gov/coronavirus/2019-ncov/dailylife-coping/managing-stress-anxiety.html

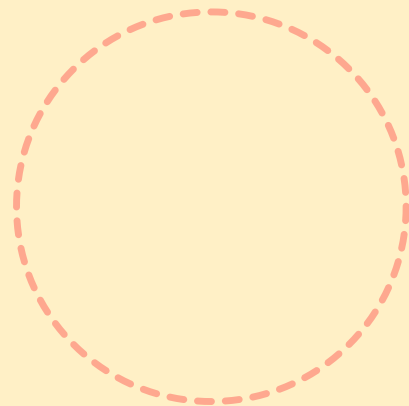
- This is a marathon for humankind, across the globe
- We experience emotions more vividly, sometimes leading to
 - Irritability
 - Insomnia
 - Depression
 - Anxiety
 - Distress
- Direct care providers are especially susceptible





THANKS!

Do you have any questions?
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yourcompany.com



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