COVID-19 Public Health Action Webinar

Mental Wellness: Tips and Strategies for Surviving and Thriving

Presented by Mestisa C. Gass, PsyD

Wednesday, April 8, 2020
12:30 PM – 1:30 PM
ZOOM HOUSEKEEPING ITEMS:

1. For all questions, please utilize the Chat box or Question & Answers box located at the bottom of your screen.

2. NO continuing education credits will be provided during this webinar series.

3. All webinars will be available on the Hawai‘i Public Health Training Hui’s YouTube channel - https://www.youtube.com/channel/HawaiiPublicTrainingHui
Mental Wellness: Tips and Strategies for Surviving and Thriving

Mestisa C. Gass, PsyD.
“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.”

– Ralph Waldo Emerson

Core Concepts

Self-Care Tips
Mental Health Strategies
Pre-existing Mental Health Challenges
Resources for Community Members
Self-Care Myths

- "I need to be productive."
- "I shouldn't feel ___ (grief, sadness, anger, confusion)."
- "I don't need self-care."
- "I will only feel this way once."
- "We shouldn't tell the kids anything."

“Courage is resistance to fear, mastery of fear—not absence of fear.”

-Mark Twain
Grief

• Loss of something or someone
• Pre-existing history of trauma
• Existing self-care & coping skills
• We all cope differently
• We all grieve differently
• Honor the process
Grief: Kubler-Ross Model

- Anger (Anxiety): Feelings of loss of control or helplessness
- Bargaining: Looking for or sharing stories
- Depression: Increase in sadness and/or grief
- Acceptance: Radical acceptance, settling into the new "new"

“My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor, and some style.”

-Maya Angelou
Self-Care Tips

• Validate your emotions
• Stay connected
• Don't overcheck
• Focus on the helpers
• Check on the essential workers and vulnerable in your circle
• Follow a schedule
Self-Care Tips

- Schedule in self-care
- Use social media responsibly*
- Identify online resources
- Invest in yourself
- Use coping skills (Ex: journal)
Social Media

• Use reputable sites
• Practice social media sandwich making
• Ask before you post, "Does this help inform or support others?"
• Share helpful resources
• Limit your time
Keiki Self-Care

- Developmentally appropriate explanations
- Empower them to help
- Help them manage their schedules
- Build emotional toolboxes (Bubble breaths)
- Utilize online resources

“Memories of our lives, of our works and deeds will continue in others.”
- Rosa Parks
Join our MHAH Busy Bees!

ACTIVITIES FOR
Keiki
DURING
QUARANTINE

Cool Animal Friends: Axolotl

Busy Bees: Calming Jars

- Add warm water to your jar until it reaches halfway up
- Add the glitter glue and stir until combined with the water
- Add 2 drops of food color then stir
- Add glitter until desired
- Top off jar with warm water until almost full then secure the lid
OUR MONTHLY BOOK CLUB IS moving

Check out our new MHAH Book Club Group!

Mental Health America of Hawai‘i

APRIL BOOK RECOMMENDATION

JANUARY'S KEIKI RECOMMENDATION
80'S MOVIES

THE PRINCESS BRIDE
LABYRINTH
THE KARATE KID
E.T.

90'S MOVIES

SPACE JAM
MRS. DOUBTFIRE
TOY STORY
THE SANDLOT
Resources

Hawaii Department of Health COVID-19 website with latest updates: https://hawaiicovid19.com/

Want to know if you qualify to be tested for Corona? Use the CDC Coronavirus Self-Checker: https://www.cdc.gov/…/2019-nc…/symptoms-testing/testing.html

Apply for Hawaii unemployment benefits: call (808) 762-5752 or visit https://huiclaims.hawaii.gov/#/

Info and list of sites doing DOE Meal Pickup for children: http://www.hawaiipublicschools.org/…/Emer…/2020GrabandGo.pdf

Crisis Line: (808) 832-3100 Oahu, 1-800-753-6879 Neighbor Islands
QUESTIONS?
Webinar Announcement

Economic Relief Through the CARES Act

Presented by Senator Brian Schatz, U.S. Senator for Hawaii and Kathleen Algire, Director of Public Policy and Research for Hawai’i Children’s Action Network

Wednesday, April 15, 2020
12:30 PM - 1:30 PM