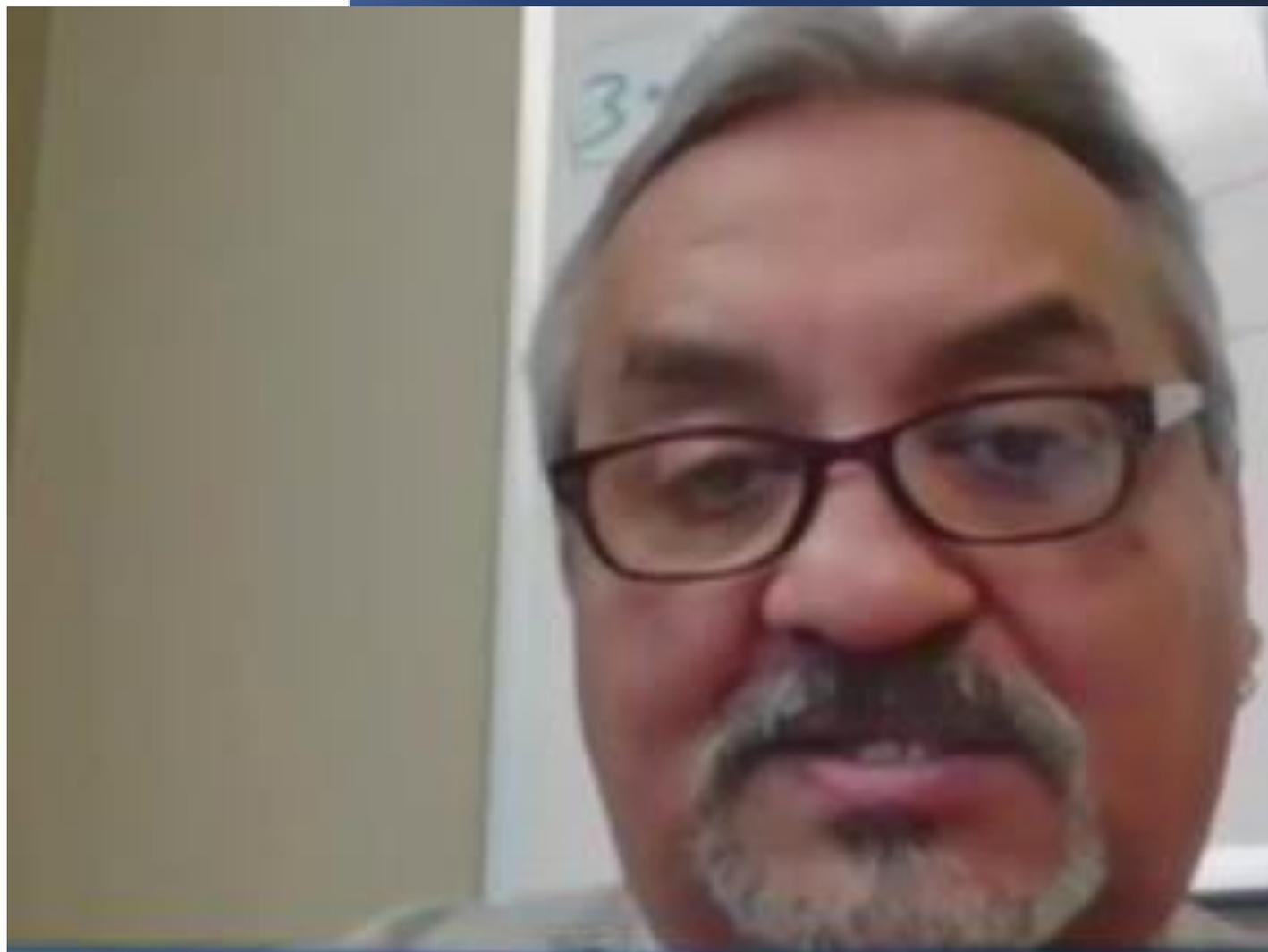


**SURVIVING & THRIVING
DURING THE GLOBAL PANDEMIC**

*Dr. Tammy McCoy-Arballo
Clinical Forensic Psychologist*



THANK YOU



JOSE ARBALLO JR.
SR. PUBLIC INFORMATION OFFICER, RIVERSIDE COUNTY DEPT. OF



You have been at this for a long time.

It is OK if you feel like this



Stress
Reactions
Are NOT

WEAKNESS

**BEING A DRAMA
QUEEN/DRAMA KING**

OVERREACTING

INCOMPETENCE

How could you not be:
stressed, overwhelmed,
angry, anxious, depressed,
scared, or numb.



Burnout

What is Burnout ?



Physical, emotional, and mental exhaustion involving negative self-concept, negative job attitudes, and loss of concern for others

What is Burnout?



Most significant factors leading to burnout:

- Disruption of schedule, work routine
- Responding to situations where you are not allowed to show natural, human emotions, such as fear, anger, frustration
- Lack of closure
- Expectations of job vs. what is reality

Symptoms of Burnout

- Exhaustion, consistently tired
- Anxious
- Headaches
- Backaches
- Sleep disturbances



Symptoms of Burnout

- Loss of Enthusiasm
- Difficulty with daily work routine
- Work feels unsatisfying
- May leave, change careers

Symptoms of Burnout

- Insomnia
- Nightmares
- Cold sweats
- Poor Sleep Quality/Exhaustion
- Grinding teeth
- Early morning wake-up



Symptoms of Burnout



- Job dissatisfaction
- Inefficiency at work
- Increased risky behavior: drug use, alcohol use, excessive caffeine
- Cynical attitude

Hostility and Anger

- Non-directed
- Short-fused with others
- Often short-lived
- Can cause relationship discord
- Can cause performance problems



Symptoms of Burnout



- The process of burnout is slow – becomes more severe over time
- Without intervention can lead to lowering resistance to disease, social isolation, depression, etc.

Observations From The Field

- Resistance: “Don’t Need Help, I’m Fine”
- Poor Self Care Habits
- Poor Support
- Don’t Like MHPs From Insurance Network
- Lack Education On Reactions
- Not Prepared
- Did Not Get Treatment Due to Stigma



Coping with Burnout –Techniques

- Detached Concern – handle calls in an objective manner while maintaining concern for the person involved (Do not make their problem your problem)
 - Intellectualize – make the situation less personal, minimize involvement, do not become victim to your own beliefs
 - Compartmentalize – keep work distinct from personal life
-

Coping with Burnout – Techniques

Rely on

Rely on coworkers – do not go through it alone, obtain help from others when you are unsure

Support

Support network – prevent bottling up negative feelings

Seek

Seek help - talk to supervisor, friends, Mental Health Professionals



- Take time to understand what is causing you stress
- Listen to your body and recognize early warning signs
- Engage in activities that give you joy

Family/Marital Discord



Family Problems

- Lack of communication
- Who wants to talk after a day of talking?
- Repressed feelings
- Substance abuse
- Spouse gives double message
- Sexual difficulties

Resiliency

The capacity to spring back, successfully adapt in the face of adversity, and develop social competence despite exposure to severe stress”

- Marilyn Colby and Mary Hooperman



Resilience as a Behavior

- Resilience develops as both the internal and external interaction
- Believe that when in trouble, you have the strength to act on it
- Help yourself by learning about behaviors others may use to pull themselves through challenges



Resilience as a Struggle



- Resilience is the process of struggling with hardship
- The process progresses by small successes that occur side-by-side with change, failures, setbacks, and disappointments

How to Become Resilient

Evaluate your level of control

- Do not fixate on events where you have no power
- Ask yourself, “What can I take responsibility for in this situation?”
- Empower yourself



Mindfulness is...

- “...paying attention on purpose, in the present moment, non-judgmentally...”

- Jon Kabat-Zinn

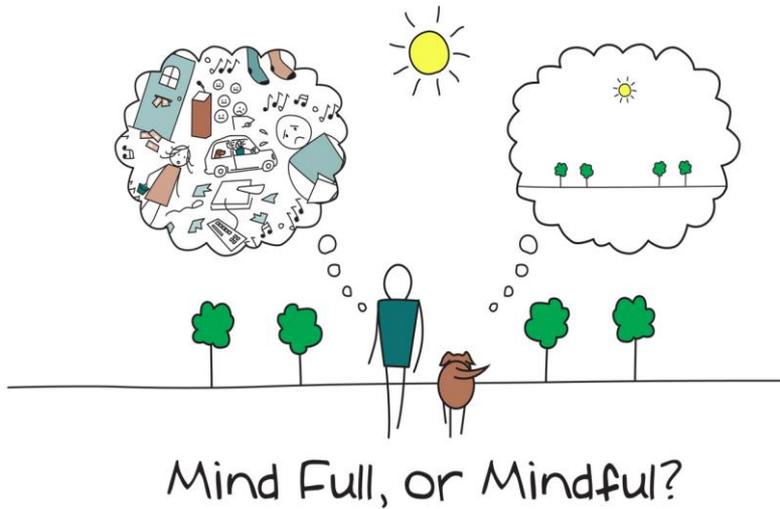


How to Become Resilient

- **Practice self-care**
- Acknowledge the loss, or experience
- Do not push away negative feelings
- Seek support



How to Become Resilient



- **Check your thought patterns**
- Examine your thoughts, assess how rational they are
- Slow down your mind – mindfulness, relaxation techniques
- Generate positive thoughts
- Focus on strengths, not weaknesses

How to Become Resilient

- **Find priorities**
- See change as an opportunity rather than a monster
- Ask yourself:
 - How do you want to spend your time on earth?
 - What is important to you?
 - What do you waste your time and energy on?



How to Become Resilient

- **Create a positive work environment**
- While you can choose your friends, you cannot choose your coworkers – you must learn how to get along with the person next to you
 - Learn to communicate and clarify
 - Focus on common goals
 - Do not assume the worst





How to Psychologically Survive...

Decompress

- 5x7 Breathing
- Seven-minute workout
- Calm App
- VirtualHopeBox App



- Massages
- Music
- Reading



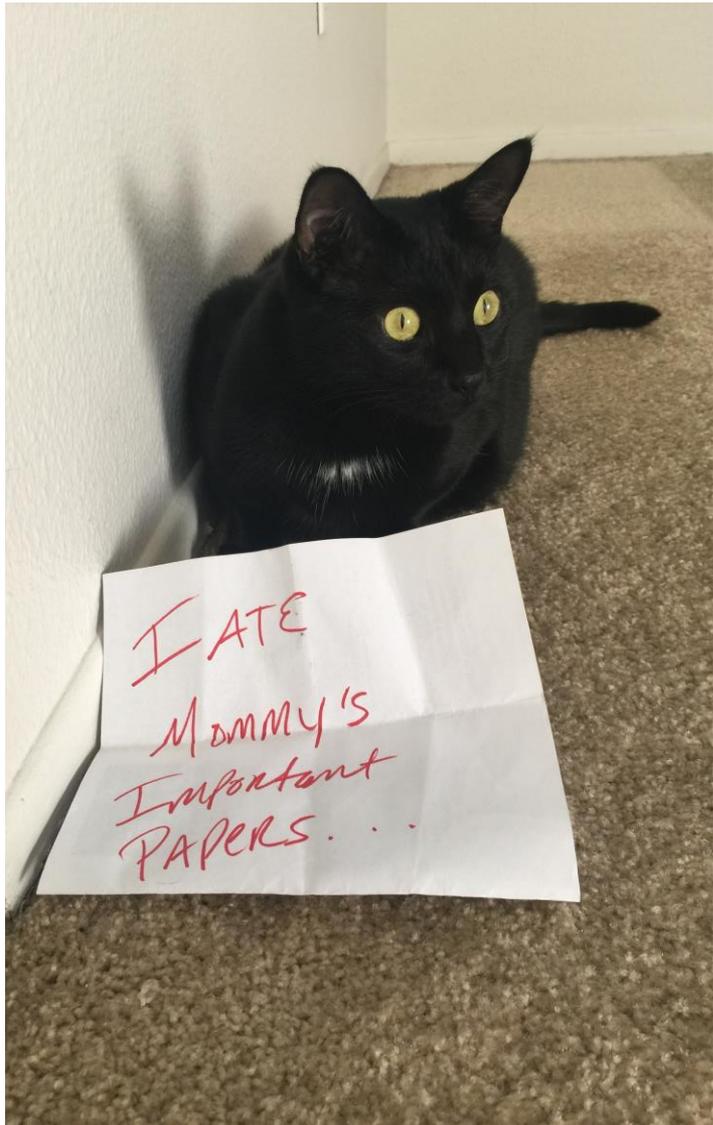
You have the power to
choose how you feel.

Misery is optional.



What you think,
how you feel,
& how you react,
Is all you control





Find the Funny

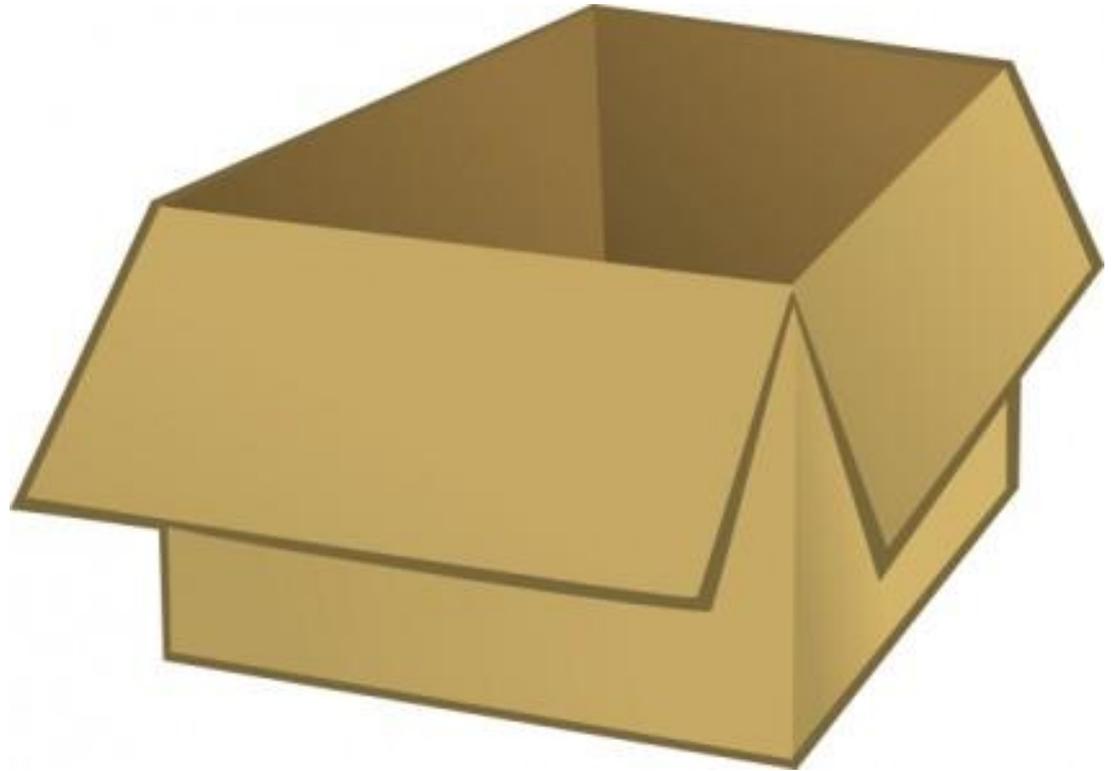




The Box of Life

The Box of Life

- Decide what fills up your box of life
- Some people may fill that box up with one thing; work
- Filling the box up with just one thing is not a good option



The Box of Life

The box of life should be divided into many different compartments, and each is filled with something meaningful, fun, or creative

With a variety in life, there are many choices to revitalize yourself without getting burnt out

Your resiliency will be high, and you will be able to bounce back because of your many resources



Thank you and be well!