



Central Florida Disaster Medical Coalition
2020 Annual Conference

[CLICK HERE TO REGISTER](#)

Links to virtual sessions are under session titles. If the link is blocked, see below for actual website address for accessing these sessions.

Thursday, December 10, 2020

9:00AM – 9:10AM	<p>Welcome...Eric Alberts, CFDMC Board Chair https://www.gotomeet.me/CFDMC</p>					
9:10AM – 9:30AM	<p>CFDMC Member Benefits...Lynne Drawdy, Executive Director https://www.gotomeet.me/CFDMC</p>					
9:30AM – 10:30AM	<p>COVID-19 Lessons Learned – Looking Ahead to 2021 <i>Dr. Vincent Hsu, Hospital Epidemiologist and Executive Director for Infection Prevention, Advent Health-Orlando and AC Burke, CFDMC Consultant</i> https://www.gotomeet.me/CFDMC</p>					
10:30AM – 10:45AM	<p>Virtual Exhibit Presented by Conference Sponsor...Corvena https://www.gotomeet.me/CFDMC</p>					
(Transition to breakout session)						
Choose only one of five Breakout Training Sessions						
10:45AM – 12:00PM	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Big Picture of Disaster Response</p> <p><i>Jeanne Eckes, Regional Emergency Coordinator-Region IV, ASPR</i> Link to Breakout</p> <p>(Meeting #199 395 3764 Password: PQjp8W9mYz7)</p> <p>Tap to join from a mobile device (attendees only) +1-415-527-5035, 1993953764## US Toll Join by phone +1-415-527-5035 US Toll Join from a video system or application Dial 1993953764 @ hhs.webex.com</p> </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>CEMP Preparations</p> <p><i>Robin Hinson, Osceola County Emergency Management (EM) and AnnMarie Kleczkowski, Orange County EM</i> Link to Breakout</p> <p>(Meeting #871-058-613)</p> <p>Unites States: +1 (872) 240-3212</p> <p>Join from a video-conferencing room or system. Dial in or type: 67.217.95.2 or inroomlink.goto.com Meeting ID: 871 058 613 Or dial directly: 871058613 @ 67.217.95.2 or 67.217.95.2##871058613</p> </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Hazardous Weather Class</p> <p><i>Kevin Rodriguez, National Weather Service</i> Link to Breakout</p> <p>(Note: Participants MUST use a separate phone line (toll free) for audio – there will NOT be any audio on the webinar itself. Call: 1-866-231-8384 Code: 138 319 7069#</p> </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Individual Assistance and Public Assistance Following a Disaster</p> <p><i>Shannon Hagan, Regional Recovery Coordinator-Region 5, FDEM</i> Link to Breakout</p> <p>(Meeting #179 446 1432 Password: Recovery)</p> <p>Join by Phone: +1-408-418-9388 Access Code: 179 446 1432</p> </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Fatality Management</p> <p><i>Philip A. Doyle, MS, BBA, FF/EMT, CHEP, CHS-III, FEMORS</i> https://www.gotomeet.me/CFDMC</p> </td> </tr> </table>	<p>Big Picture of Disaster Response</p> <p><i>Jeanne Eckes, Regional Emergency Coordinator-Region IV, ASPR</i> Link to Breakout</p> <p>(Meeting #199 395 3764 Password: PQjp8W9mYz7)</p> <p>Tap to join from a mobile device (attendees only) +1-415-527-5035, 1993953764## US Toll Join by phone +1-415-527-5035 US Toll Join from a video system or application Dial 1993953764 @ hhs.webex.com</p>	<p>CEMP Preparations</p> <p><i>Robin Hinson, Osceola County Emergency Management (EM) and AnnMarie Kleczkowski, Orange County EM</i> Link to Breakout</p> <p>(Meeting #871-058-613)</p> <p>Unites States: +1 (872) 240-3212</p> <p>Join from a video-conferencing room or system. Dial in or type: 67.217.95.2 or inroomlink.goto.com Meeting ID: 871 058 613 Or dial directly: 871058613 @ 67.217.95.2 or 67.217.95.2##871058613</p>	<p>Hazardous Weather Class</p> <p><i>Kevin Rodriguez, National Weather Service</i> Link to Breakout</p> <p>(Note: Participants MUST use a separate phone line (toll free) for audio – there will NOT be any audio on the webinar itself. Call: 1-866-231-8384 Code: 138 319 7069#</p>	<p>Individual Assistance and Public Assistance Following a Disaster</p> <p><i>Shannon Hagan, Regional Recovery Coordinator-Region 5, FDEM</i> Link to Breakout</p> <p>(Meeting #179 446 1432 Password: Recovery)</p> <p>Join by Phone: +1-408-418-9388 Access Code: 179 446 1432</p>	<p>Fatality Management</p> <p><i>Philip A. Doyle, MS, BBA, FF/EMT, CHEP, CHS-III, FEMORS</i> https://www.gotomeet.me/CFDMC</p>
<p>Big Picture of Disaster Response</p> <p><i>Jeanne Eckes, Regional Emergency Coordinator-Region IV, ASPR</i> Link to Breakout</p> <p>(Meeting #199 395 3764 Password: PQjp8W9mYz7)</p> <p>Tap to join from a mobile device (attendees only) +1-415-527-5035, 1993953764## US Toll Join by phone +1-415-527-5035 US Toll Join from a video system or application Dial 1993953764 @ hhs.webex.com</p>	<p>CEMP Preparations</p> <p><i>Robin Hinson, Osceola County Emergency Management (EM) and AnnMarie Kleczkowski, Orange County EM</i> Link to Breakout</p> <p>(Meeting #871-058-613)</p> <p>Unites States: +1 (872) 240-3212</p> <p>Join from a video-conferencing room or system. Dial in or type: 67.217.95.2 or inroomlink.goto.com Meeting ID: 871 058 613 Or dial directly: 871058613 @ 67.217.95.2 or 67.217.95.2##871058613</p>	<p>Hazardous Weather Class</p> <p><i>Kevin Rodriguez, National Weather Service</i> Link to Breakout</p> <p>(Note: Participants MUST use a separate phone line (toll free) for audio – there will NOT be any audio on the webinar itself. Call: 1-866-231-8384 Code: 138 319 7069#</p>	<p>Individual Assistance and Public Assistance Following a Disaster</p> <p><i>Shannon Hagan, Regional Recovery Coordinator-Region 5, FDEM</i> Link to Breakout</p> <p>(Meeting #179 446 1432 Password: Recovery)</p> <p>Join by Phone: +1-408-418-9388 Access Code: 179 446 1432</p>	<p>Fatality Management</p> <p><i>Philip A. Doyle, MS, BBA, FF/EMT, CHEP, CHS-III, FEMORS</i> https://www.gotomeet.me/CFDMC</p>		

12:00PM – 12:45PM	Lunch (on your own)
12:45PM- 1:00PM	Virtual Exhibit Presented by Conference Sponsor...Hot Zone USA https://www.gotomeet.me/CFDMC
1:00PM – 2:00PM	Surviving COVID using Aggressive Self-Care to build the Habit of Resilience <i>C. Dwight Bain, LMHC, Founder, The Lifeworks Group</i> https://www.gotomeet.me/CFDMC
2:00PM – 3:00PM	Threat Assessment <i>Cleyton Bray, CFIX</i> https://www.gotomeet.me/CFDMC
3:00PM – 3:15PM	Closing Session...Eric Alberts https://www.gotomeet.me/CFDMC
3:30PM – 5:30PM	BONUS SESSION Hurricane Tabletop Exercise <i>Moderated by Megan Milanese, Ed Bradley and Karen Street, Florida Department of Health</i> https://www.gotomeet.me/CFDMC

Friday, December 11, 2020

	Choose only one of four Virtual Training Sessions <i>(Times vary by training)</i>
9:00AM – 10:30AM	Conducting an HVA <i>Stacy King and Rachel Reid, Orlando Health</i> Link to Training United States (Toll Free): 1 877 568 4106 -One-touch: tel:+18775684106 .,187800773# United States: +1 (646) 749-3129 -One-touch: tel:+16467493129 .,187800773# Access Code: 187-800-773 Join from a video-conferencing room or system. Dial in or type: 67.217.95.2 or inroomlink.goto.com Meeting ID: 187 800 774 Or dial directly: 187800773@67.217.95.2 or 67.217.95.2##187800773
9:00AM – 12:00PM	Nursing Home/Small Facility Incident Command System <i>Nicholas Gerth, Blue Skies</i> Link to Training United States: +1 (408) 650-3123 Access Code: 714-654-613

<p>9:00AM – 4:00PM</p>	<p align="center"> Continuity of Operations (with free, one-year software license) Will Minkoff, BOLDplanning Link to Training (Meeting #899 6117 9561) One tap mobile +13126266799,,89961179561# US (Chicago) +16465588656,,89961179561# US (New York) Dial by your location +1 312 626 6799 US (Chicago) +1 646 558 8656 US (New York) +1 301 715 8592 US (Washington D.C) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) +1 253 215 8782 US (Tacoma) (Meeting ID: 899 6117 9561) Find your local number: https://us02web.zoom.us/j/krjvrzMAF </p>	<p align="center"> 8-hour Hospital Incident Command System (HICS) Certificate 5th Edition Jason Tomashunas, Manager, Emergency Management, The Hospital and Healthsystem Association of Pennsylvania and Representing Florida Hospital Association https://www.gotomeet.me/CFDMC </p>
----------------------------	--	--

List of Links by Session/Training:

<https://www.gotomeet.me/CFDMC> - <https://global.gotomeeting.com/join/598416949>

Big Picture of Disaster Response - <https://hhs.webex.com/hhs/j.php?MTID=maf945ecec79fc32334b0812adff6152>

CEMP Preparations - <https://global.gotomeeting.com/join/871058613>

Hazardous Weather Class - <https://attendee.gotowebinar.com/register/4003103444342141711>

Individual Assistance and Public Assistance Following a Disaster - <https://fdem.webex.com/fdem/j.php?MTID=m1ef1f1d1311998c2b00fa081429fb16d>

Fatality Management - <https://global.gotomeeting.com/join/598416949>

Conducting an HVA - <https://global.gotomeeting.com/join/187800773>

Nursing Home/Small Facility Incident Command System - <https://global.gotomeeting.com/join/714654613>

Continuity of Operations - <https://us02web.zoom.us/j/89961179561>

8-hour Hospital Incident Command System (HICS) Certificate 5th Edition - <https://global.gotomeeting.com/join/598416949>

CFDMC CONFERENCE ATTENDEES - 12-10-20

Last Name	First Name	Email	Organization
Adcock	Rebecca	rebecca.adcock@advethhealth.com	Advent Health Reputation Management
Alberts	Eric	Eric.Alberts@orlandohealth.com	Orlando Health
Alsip	Chris	christopher.alsip@nemours.org	Nemours Children's Hospital
Alverson	Jo	Jo.Alverson@Steward.org	Steward Melbourne
Bain	Dwight	dwightbain@aol.com	The Lifeworks Group
Bass	Paula	paula.bass@adventhealth.com	Advent Health Orlando
Beres	Sarah	sarah.beres@adventhealth.com	Advent Health Orange County
Bernadel	Marjorie	marjorie.bernadel@yahoo.com	Government District 9/25 Medical Examiner
Blanton	Sheri	sheri.blanton@ocfl.net	DOH Martin
Bowzer	Leah	Leah.Bowzer@FLHealth.gov	DOH Martin
Bradley	Edward	edward.bradley@flhealth.gov	CFIX
Bray	Cleyton	Cleyton.Bray@ocfl.net	DOH Indian River
Brock	Stacy	Stacy.brock@flhealth.gov	Fish Memorial Emergency Management
Brown	Richard	richard.f.brown@adventhealth.com	EID Consultant
Burke	AC	acburke8@gmail.com	FEMORS
Byrd	Jason	jhbyrd@ufl.edu	Department of VA
Cinco	John	John.cinco@va.gov	
Collier-Graham	Lynsey	lynsey.colliergraham@hcahealthcare.com	HCA Healthcare
Collinge	Deborah	deborah.collinge@flhealth.gov	DOH Orange
Collins	Lea	Lachaloupe@aol.com	DMAT
Collins	Shawn	shawn.collins@flhealth.gov	Florida Department of Health
Cook	Beverly	adminasst@centralfladisaster.org	Central Florida Disaster Medical Coalition
Cordes	Geoffery	geoffery.cordes@flhealth.gov	Florida Department of Health
Diaz	Anthony	anthony.diaz@mytruehealth.org	True Health
Donohue	Greg	gregory.donohue@va.gov	Orlando VA
Douge	Jemima	jdesir@tgh.org	Florida's Poison Control Centers
Doyle	Philip	Philip.Doyle@tmh.org	FEMORS
Drawdy	Lynne	info@centralfladisaster.org	Central Florida Disaster Medical Coalition
Eckes	Jeanne	Jeanne.Eckes@hhs.gov	Department of HHS/ASPR
Ferguson	Molly	m.ferguson@chcfl.org	Community Health Centers, Inc.
Foronda	Melisa	melisaforonda@gmail.com	Sanford Health/Good Samaritan Society

Franklin	Kelly	kelly.franklin@hf.org	Health First
Fulford	Tim	tfulford@fchcinc.org	Florida Community Health Centers, Inc.
Garguilo	Kristen	Kristen.Garguilo@hcahealthcare.com	Central Florida Regional Hospital
Gomez	Saily	ethichslc@gmail.com	Ethic Health Services, LLC
GREENHALGH	TERRY	terry@tandmhealthcareconsultants.com	T and M Healthcare
Gregory	Jodie	Jodie.Gregory@orlandohealth.com	Consultants
Hagan	Shannon	Shannon.Hagan@em.myflorida.com	Orlando Health
Hall	Gaius	hallg@palmbayflorida.org	Florida Department of Emergency Management
Handweg	Nancy	nancy.handweg@uhsinc.com	Palm Bay Fire Rescue
Heid	Patti	pheid@homecarefla.org	Universal Health Services
Henderson	Catherine	chenderson@orlandoseniorhealth.org	Home Care Florida
Hess	Joan		Orlando Senior Health
Hinson	Robin	robin.hinson@osceola.org	Osceola County Emergency Management
Hsu	Vincent	Vincent.Hsu.MD@AdventHealth.com	Advent Health Orlando
Jenkins	Avis	ajenkins@nursesandmore.com	Nurses and More, Inc.
Jenkins	Jeffrey	inovcompsol@gmail.com	Innovative Compliance Solutions
Johnson	Amy	amy.l.johnson@gmail.com	Advent Health New Smyrna Beach
King	Stacy	stacy.king@orlandohealthg.com	Orlando Health
Kirk	Georgianna	gkirk@fchcinc.org	Florida Community Health Centers, Inc.
Kleczkowski	Ann Marie	AnnMarie.Kleczkowski@ocfl.net	Orange County Emergency Management
Klein	Jason	jklein@nemours.org	Nemours Children's Hospital
Kornegay	Reginald	reginald.kornegay@va.gov	Orlando VA Healthcare System
Lee	Ashley	ashley.lee@uhsinc.com	Universal Health Services
Lee	Bill	BillLee@fdle.state.fl.us	FDLE
Lyles	Tonya	tonya.lyles@hcahealthcare.com	HCA Healthcare
McBride	Angelea		
McCall	Deshawn	deshawnmccall@fdle.state.fl.us	Florida Department of Law Enforcement
Metzger	Michelle	metzger@ufl.edu	University of Florida
Michalski	Lauren	lauren.michalski@ucf.edu	UCF College of Medicine
Milanese	Megan	megan.milanese@flhealth.gov	Florida Department of Health
Miller	Jan	janet.miller@halifax.org	Halifax

Minkoff	Will	will@boldplanning.com	BOLDplanning Central Florida Disaster Medical Coalition
Myers	Matt	projects@centralfladisaster.org	Orlando Health
Normann	Sven	sven.normann5@gmail.com	Eastern Florida State College
Pachota	Nick	nick.pachota@gmail.com	Florida Committee on Trauma
Pappas	Peter	peterpappas52@gmail.com	Health Council of East Central Florida
Peach	Kenneth	kpeach@hccf.org	Avante at Ormond Beach
Pohl	Jean	jpohl@johnknox.com	
Poniatowski	Michael	Michael.Poniatowski@fhmmc.org	Florida Hospital Memorial Medical Center/Oceanside
Prince	Thomas		
Reid	Rachel	Rachel.Reid@orlandohealth.com	Orlando Health
Risher	Valerie	valerie.risher@flhealth.gov	Florida Department of Health
Rodriguez	Kevin	kevin.rodriguez@noaa.gov	NOAA National Weather Service
Rud	Michelle	michelle.rud@hcahealthcare.com	HCA Healthcare
Saunders- Johnston	AJ	amanda.saunders@adventhealth.com	Advent Health Orange County Office of Emergency Management
Schaefer	Shannon	shannon.schaefer@ocfl.net	
Schindele	Gary	gschindele@me.com	Good Samaritan Society Florida Lutheran
Smiley	Anita	asmiley@good-sam.com	Davita
Smith	Wayne	wayne.smith@davita.com	
Stabile	Chris	cstabile@martin.fl.us	Martin County Fire Rescue
Street	Karen	karen.street@flhealth.gov	DOH Brevard
Sumner	Paul	sumner343pb@gmail.com	Miami Beach Fire Rescue/State Fire Marshall
Thurmond	Karen	act1frn@gmail.com	RMAT
Tomashunas	Jason	jasont@haponline.org	The Hospital & Healthsystem Association of Pennsylvania/FHA
Tomazinis	Jennifer	Jennifer.tomazinis@kindred.com	Kindred Hospital
Torres	Yvette	ytorres@uspi.com	
Treloar	Shawn	shawn.treloar@sanfordfl.gov	City of Sanford
Velez	Jean C	jean.velezpagan@wnco.com	
W G Mason	Lynda	chaplain27@gmail.com	Northland Church
Wargo	John	jwargo@corvena.com	CORVENA
Wassmer	Scott		

Wayne Williamson	Robert Renade	ROBERT.WAYNE@FLHEALTH.GOV rwilliamson@allcoastfl.com	DOH Orange All Coast Therapy Florida Department of Health
Witherspoon Wolfberg	James Steven	james.witherspoon@flhealth.gov steve.wolfberg@martinhealth.org	Cleveland Clinic Martin Advent Health Emergency Management
Young	Brenna	brenna.young@adventhealth.com	Cornerstone Hospice & Palliative Care
Zolman	Valerie	vzolman@cshospice.org	

12-10-20 CFDMC Conference Minutes

Participants: See attached list

Welcome & Opening: Eric Alberts, 2020-2021 CFDMC Board Chair welcomed the group, thanked the planning team, and reviewed the agenda and conference logistics (see attached presentation)

CFDMC Member Benefits: Lynne Drawdy provided an overview of the coalition and the benefits to its members (see attached presentation).

COVID19 Lessons Learned & Looking Ahead to 2021: Dr. Vincent Hsu, Hospital Epidemiologist and Executive Director for Infection Prevention, AdventHealth Orlando, and A. C. Burke, Certified Infection Control Consultant (see attached presentation)

Training Breakouts (note: some presenters provided training presentations, and these are attached):

- Big Picture of Disaster Response: Jeanne Eckes, Regional Emergency Coordinator, Region IV, ASPR
- CEMP Preparations: Robin Hinson, Osceola Emergency Management and Ann Marie Kleczkowski Orange county Emergency Management
- Hazardous Weather Class: Kevin Rodriguez, National Weather Service
- Individual Assistance and Public Assistance Following a Disaster: Shannon Hagan, Region 5 Recovery Coordinator, FDEM
- Fatality Management: Philip A. Doyle, MS, BBA, FF/EMT, CHEP, CHS-III, FEMORS

Surviving COVID using Aggressive Self-Care to build the Habit of Resilience: *C. Dwight Bain, LMHC, Founder, The Lifeworks Group (see attached recovery toolkit)*

Threat Assessment: *Cleyton Bray, Central Florida Intelligence Exchange (CFIX): Cleyton provided an overview of global, national, Florida and local threats.*

Closing Session: Eric Alberts presented the Leader of the Year to Dr. Vincent Hsu and presented the Member of the Year to Nick Pachota. He reminded members about Friday's trainings, and advised that the 2021 CFDMC meeting schedule will be sent out soon. He thanked all for attending and encouraged to complete the on-line survey that will be sent out following the conference (see attached presentation and conference survey results).

Bonus Session - Hurricane Tabletop Exercise: Moderated by Megan Milanese, Ed Bradley and Karen Street, Florida Department of Health

Thanks to our conference sponsors:

Corvena

Hot Zone, USA



Central Florida Disaster Medical Coalition (CFDMC) December 10, 2020

Welcome

Eric Alberts

2020–2022 CFDMC Board Chair



Thanks to Conference Planning Team:

- ▶ Eric Alberts
 - ▶ Sheri Blanton
 - ▶ Beverly Cook
 - ▶ Lynne Drawdy
 - ▶ Matt Meyers
 - ▶ Lynda W. G. Mason
- 

CFDMC Member Benefits

Lynne Drawdy

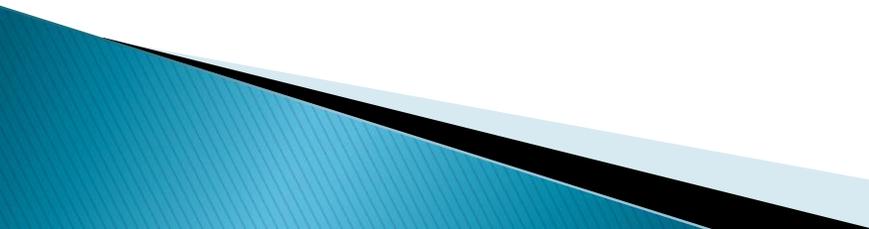
CFDMC Executive Director



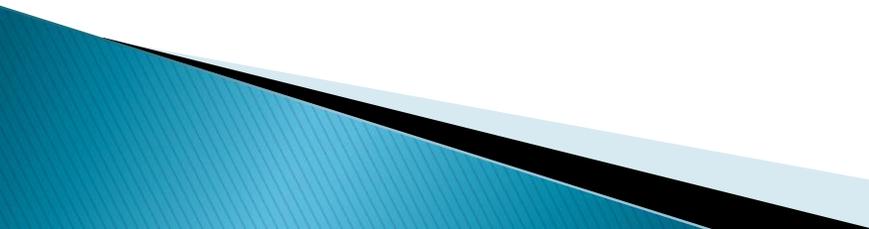
CFDMC Mission & Vision

- ▶ Mission: To develop and promote healthcare emergency preparedness and response capabilities in RDSTF Region 5
 - ▶ Vision: To create and sustain a resilient community with a common purpose and voice, protecting and saving lives during disasters of all types and sizes
- 

Alignment

- ▶ Funded by ASPR (Assistant Secretary for Preparedness & Response) HPP (Hospital Preparedness Program) through contract with Florida Department of Health
 - ▶ Formalizes Region 5 Domestic Security Task Force (RDSTF 5) Health and Medical Committee (in effect in 2002)
 - ▶ Supports Local ESF8, RDSTF Region 5, and State ESF8
- 

Executive Committee

- ▶ Health & Medical Co-Chairs
 - Dave Freeman, RDSTF Health & Medical Co-Chair
 - Clint Sperber, DOH-St. Lucie & RDSTF Health and Medical Co-Chair
 - ▶ Board Chair
 - Eric Alberts, Orlando Health
 - ▶ Board Vice Chair
 - Chief Chris Stabile, Martin Fire Rescue
 - ▶ Treasurer
 - Lynda W.G. Mason, Northland Church
 - ▶ Executive Director (Ex-Officio)
 - Lynne Drawdy
- 

Board Members

- ▶ **Sheri Blanton** (Orange /Osceola Medical Examiner)
- ▶ **Alan Harris** (Seminole Emergency Manager)
- ▶ **Dr. Vincent Hsu** (Advent Health)
- ▶ **Jim Judge** (Volusia Emergency Manager – retiring December 2020)
- ▶ **Georganna Kirk** (Florida Community Health Centers)
- ▶ **Aaron Kissler** (DOH–Lake)
- ▶ **Reginald Kornegay** (Orlando VA Medical Center)
- ▶ **Bob McPartlan** (DCF)
- ▶ **Dr. Peter Pappas** (Trauma Surgeon)
- ▶ **Kenneth Peach** (Health Council of East Central Florida)
- ▶ **Rebecca Poston** (Pharmacy, DOH)
- ▶ **Dr. Hezedeon Smith**, Orlando fire Department – Retired October 2020)
- ▶ **Wayne Smith** (Davita)
- ▶ **Debra Wallace** (Rockledge Health and Rehab)
- ▶ **Steve Wolfberg** (Martin Memorial – Retiring December 2020)

Members

- ▶ 1,803 Members Representing 676 Organizations
- ▶ Covers 9 Counties in RDSTF Region 5:
(Brevard, Indian River, Lake, Martin, Orange, Osceola, Seminole, St. Lucie, Volusia)
- ▶ Hospitals
Public Health
Long Term Care
Behavioral Health
Medical Examiners
Federal Partners
- ▶ Emergency Management
EMS
Outpatient/Home Health
Community Health Centers
Specialty/Support Services
Associations

Funding

- ▶ Funded under the federal Assistant Secretary for Preparedness & Response Hospital Preparedness Program (ASPR HPP) via contract with DOH
 - ▶ 2019–2020: \$987,648
 - ▶ Expect level funding with potential for increase over next few years
 - ▶ Coalition meets contract deliverables and is reimbursed up to contract amount
 - ▶ New 5 Year Agreement with Florida Hospital Association for \$480,963 for EID Planning/Response
 - ▶ Funding is allocated based on 5–year work plan designed to build HPP capabilities
- 

Funding Restrictions

- ▶ Single Projects
 - ▶ Food
 - ▶ Clothing
 - ▶ Bricks & Mortar
 - ▶ Vehicles
 - ▶ Supplanting
 - ▶ Backfill & Overtime
- 

Preparedness

- ▶ Plan: Regional plans such as alternate care site, disaster behavioral health, family assistance center, mass fatality, high consequence infectious diseases
- ▶ Equip: Minimum hospital readiness, PPE
- ▶ Train: HICS, ICS, COOP, SAVE, annual needs assessment)
- ▶ Exercise: drills (active shooter, tornado, generator), annual mass casualty exercise, annual evacuation exercise, functional exercises (mass fatality, EID, ACS, trauma)



Response

- ▶ Situational Awareness to Members (Everbridge & Email)
- ▶ Resource Coordination
- ▶ Force Multiplier for Local EOCs
- ▶ Response Teams (regional medical assistance team, FAC, DBH)



WIIFM (What's In It For Me)?

- ▶ Access to planning templates & resources
 - ▶ Access to trainings across the region
 - ▶ Access to drills/exercise
 - ▶ Access to networking with peers and response community
 - ▶ Access to best practices
 - ▶ Free!
- 

COVID19 – Lessons Learned & Looking Ahead to 2021

Vincent Hsu, M.D.

Hospital Epidemiologist and
Executive Director for Infection Prevention
AdventHealth Orlando

A.C. Burke

CFDMC Consultant



Virtual Exhibit



CORVENA

*SITUATIONAL INTELLIGENCE
TO MAINTAIN YOUR OPERATIONAL PULSE*

INDUSTRY EXPERTISE

19,000+

ACTIVE USERS

700+

HOSPITALS

120,000+

BEDS

DEPLOYED IN **26** STATES



15 YEARS OF SERVICE

320,000+ INCIDENTS MANAGED

22,000+ PATIENTS EVACUATED/TREATED

TESTED RELIABILITY

CRITICAL EVENTS SUPPORTED BY OUR COR PLATFORM



**Hurricanes
Florence, Harvey
and Michael**



**Hospitals during
Las Vegas Mass
Shooting**



**2018 California
Wildfires**



**2018 Alaskan
Earthquake**



**World Meeting of
Families Papal Visit**



**Philadelphia
Amtrak Train
Derailment**



**Hoboken Train
Derailment**



**2016 National
Conventions**

COR EOC ACTIVATION

You staff your EOC, assign roles and task response actions



HICS 207 HOSPITAL INCIDENT MANAGEMENT TEAM (HIMT) CHART

1. Incident Name and Number Propane Gas Explosion at Refinery 6043	2. Operational Period DATE: FROM: 09/28/19 TO: 09/29/19 TIME: FROM: 10:44 TO: 18:00
---	--

Gail Weaver

Chris Bennet

John Lehr

Tina Grimes

Bonnie Morrison

Highlight Role: Public Information Officer			
Description	By	Start/End Times	
Immediate Operational Period			
Receive appointment from Emergency Incident Commander	✓ Public Information Officer	Start:	End: 06/26/2019 08:21
Read this entire Job Action sheet; put on position vest.	✓ Public Information Officer	Start:	End: 08/28/2019 13:42
Identify restrictions in contents of news release information from Emergency Incident Commander.	✓ Public Information Officer	Start:	End: 09/05/2019 09:27
Establish a Media Center area away from EOC and patient care activity. (Pre-established)	● Public Information Officer	Start:	End:
Intermediate Operational Period			
Ensure that all news releases have the approval of the Emergency Incident Commander.	● Public Information Officer	Start:	End:
Develop message for broadcast on local radio stations to inform staff and physicians of situation; update as needed.	● Public Information Officer	Start:	End:
Issue an initial incident information report to the news media.	● Public Information Officer	Start:	End:
Inform on-site media of the physical areas that they have access to, and those that are restricted. Coordinate with Safety/Security Officer.	● Public Information Officer	Start:	End:
Contact other at-scene agencies to coordinate released information, with respective PIOs. Inform Liaison Officer of action.	● Public Information Officer	Start:	End:

COR COMMON OPERATING PICTURE

You create an incident and begin entering incident logs

The screenshot displays the COR Common Operating Picture interface, which is a web-based dashboard for emergency services. The interface is divided into several main sections:

- Navigation Bar:** Located at the top, it includes tabs for GIS, Status Board, Resources (highlighted in red), Critical Infrastructure, Messages, Logs, Reports, Incident, Missions, References, Action Request, EOC, and Evaluations. A secondary bar below it contains Overview, IAPI/ICP, Planning, Checklists, Log, Patients, Map, Resources, Docs, Damage, Missions, References, AR Response, and Evaluations.
- Incident Overview:** Shows the current incident as "INCIDENT: 6045 - Severe Weather". A search bar labeled "Search by Description:" is present.
- Incident Log Table:** A table listing recent incidents with columns for Log ID, Event ID, and Description.

Log ID	Event ID	Description
44074	6045 - Severe Weather	Severe Weather: Snow in
44174	6045 - Severe Weather	Advising all facilities to s
44166	6052 - Flooding	Flooding: Lobby area floo
44177	6052 - Flooding	EOC Activated
44178	6052 - Flooding	Clean up of water in lobb
44179	6052 - Flooding	Fluid diverters deployed
44168	6053 - Flood	Flood: Basement [Sent to
44180	6053 - Flood	EOC is open [Sent to ICK
44181	6053 - Flood	Flooding in basement th [Sent to ICKC]
- Knowledge Center:** A central panel titled "Knowledge center" by "Lewis, Chuck (KC Help/Technical Support)". It features a "BREAKING NEWS" section with a highlighted item: "Priority I380 closed to MCI 02/26/2013 19:49 -- (Monroe - Low Priority) CO/Methane Incident at EMS Station". Below this is a table of "Incidents" with columns for Event, Title, Last Updated, Jurisdiction, and Priority.

Event	Title	Last Updated	Jurisdiction	Priority
7022	I380 closed to MCI	02/26/13 20:40	Monroe	L
7018	Search - Missing Person	02/26/13 15:10	Monroe, Middle Smithfield Township	L
7016	Odor of gasoline inside the dwelling	02/26/13 19:57	Lackawanna, Throop Borough	L
7010	Bridge Closure	02/25/13 13:18	Wayne, Cherry Ridge Township	L
6914	Bridge closure - Bangor	02/19/13 09:21	Northampton	L
- Recent News:** A list of recent news items with columns for Date and Message/Description.

Date	Message / Description
02/26/13 20:38	(Monroe - Low Priority) I380 closed to MCI
02/26/13 19:49	(Monroe - Low Priority) CO/Methane Incident at EMS Station
02/26/13 15:25	(Lackawanna - Low Priority) Attic Fire
02/26/13 14:52	(Northampton - Low Priority) Outdoor Odor - Lower Nazareth Twp
02/26/13 11:34	(Monroe, Middle Smithfield Township - Low Priority) Search - Missing Person
02/26/13 09:18	(Susquehanna - Low Priority) gas main damaged
02/25/13 22:25	(Lackawanna, Throop Borough - Low Priority) Odor of gas inside the dwelling
02/25/13 19:09	(Northampton, Forks Township - Low Priority) INDOOR ODOR
- Messages:** A table showing system messages with columns for Time, Sent By, Message, and Read status.

Time	Sent By	Message	Read
02/26/13 20:40	SYSTEM	New Incident Alert -- (Monroe - Low Priority) I380 closed to MCI	<input type="checkbox"/>
02/26/13 19:55	SYSTEM	New Incident Alert -- (Monroe - Low Priority) CO/Methane Incident at EMS Station	<input type="checkbox"/>
02/26/13 15:29	SYSTEM	New Incident Alert -- (Lackawanna - Low Priority) Attic Fire	<input type="checkbox"/>
- Active Users:** A table listing active users with columns for Name, Title, Login Time, and Jurisdiction.

Name	Title	Login Time	Jurisdiction
Binns, Everett	Eastern PA EMS Council	02/25/2013 20:46	Lehigh, Lowhill Township
Lewis, Chuck	KC Help/Technical Support	02/26/2013 20:33	NE Region
Marsh, Chad	911 Supervisor	02/26/2013 17:56	Northampton
PMCSEC	Pocono Medical Center	02/26/2013 19:47	Monroe
Rampulla, Michael	City of Bethlehem Fire / HAZMAT	02/26/2013 19:09	Northampton, Bethlehem City
Shay, Mike	Pocono Twp Fire Chief/911 Supervisor	02/26/2013 13:58	Monroe

The interface also includes a "Jurisdictions" sidebar, a "Map" button, and various navigation controls like "Add Incident" and "Message Rec'd". The footer shows the URL "necttkc.org/.../Resource?var2=CI&nav=1", the status "PA NE-CTIF - LIVE", and the timestamp "2/26/2013 20:42 EST".

CORBEDS BED AVAILABILITY

You receive a real-time feed of bed availability directly from your hospitals' EMR systems

Automated Real-time Bed Availability

- ✓ Bed Capacity
- ✓ Staffed Capacity
- ✓ Bed Census
- ✓ Census by Bed Type
- ✓ Bed Availability

Automatically updated directly from Hospital EMR systems every 15 minutes or upon change

- ✓ Timely
- ✓ Consistent
- ✓ Accurate

Wargo, John (EMT) Healthcare Incident

CORVENA

BREAKING NEWS:

GIS | Status Board | Resources | Critical Infrastructure | Messages | Logs | Reports | Incident | Missions | References | Action Request

PowerSearch | **Requests** | Personnel | Equip/Matl | Teams | Mass Care | EOCs | PODs | Agencies/EMS | Transportation | Food | Hos

Resource ID: 1535 Resource Name: Callaway District Hospital

Home | General | Contact | Docs / Images | Personnel | Equip/Matl | Teams | Other Affiliations | Allocation | Logs | Status | Director

Available Beds

	Staffed Beds	Current Available	24hr Beds	72hr Beds
Adult Intensive Care Unit (ICU)	26	24	3	1
Medical and Surgical (Med/Surg)	32	3	3	6
Burn	54	3	12	3
Pediatric Intensive Care				
Pediatric				
Psychiatric	10	4	2	2
Airborne Infection Isolation				
Operating Rooms				
Neonatal				
ED	10			

Emergency Department

	Immediate	Delayed	Minor	Deceased
ED Available Capacity	20	5	2	1

CORPATIENT TRANSFER AND EVACUATION STATUS

You track COVID patients and initiate evacuation of a hospital in the path of a storm

ID #	Event ID	Entered Date	MR #	Tag #	Sector	Age	M/F	Priority	Chief Complaint	Destination	Disposition	Disp Time
193	3550 - Warrior Dash PA (Pocono Raceway 2015)	01/28/2015 11:29	Event 22-1	4345	Offsite	30	M	Immediate	Traumatic injury	Pocono Manor Hospital	Transfer to Hospital	01/28/2015 11:26
200	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/10/2015 15:42	96543		Triage	28	F	Minor	Traumatic injury	With friend to car	Treated and Released	03/10/2015 15:41
201	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/10/2015 20:41	2357	29283	Offsite	42	F	Immediate	Chest pain / discomfort	Pocono Manor Hospital	Treated, Transported by EMS	03/10/2015 20:41
202	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/10/2015 20:46	23452	w3434	Offsite	26	F	Delayed	Traumatic injury	Infield Care Center	Treated, Transferred Care	03/10/2015 20:44
203	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/10/2015 20:50	8924983	234224	Treatment	21	M	Minor	Eye Injury	Rele		03/10/2015
204	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/11/2015 14:33	38756		Treatment	32	F	Minor				
205	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/11/2015 14:35	657483		ED	21	M	Immediate	Traumatic injury	Poco		
206	3550 - Warrior Dash PA (Pocono Raceway 2015)	03/11/2015 14:37	72197		Treatment	78	F	Immediate	Fever/Hyperthermia			

Patient Transfer Tracking

- ✓ Patient manifests populated by EMR
- ✓ Triage
- ✓ Transfer
- ✓ Evacuation
- ✓ COVID Cases
- ✓ Reunification



Position ID card in this Frame

Patient

INFO TREATMENT TRANSPORT

4321 - Water Main Break

Patient ID: 5354

Arrival

Date/Time - Arrival: 10/16/2019 10:16 PM **NOW**

Admit Location: ER

Witness Info

Last Name: Smith

First Name: John

Middle Initial:

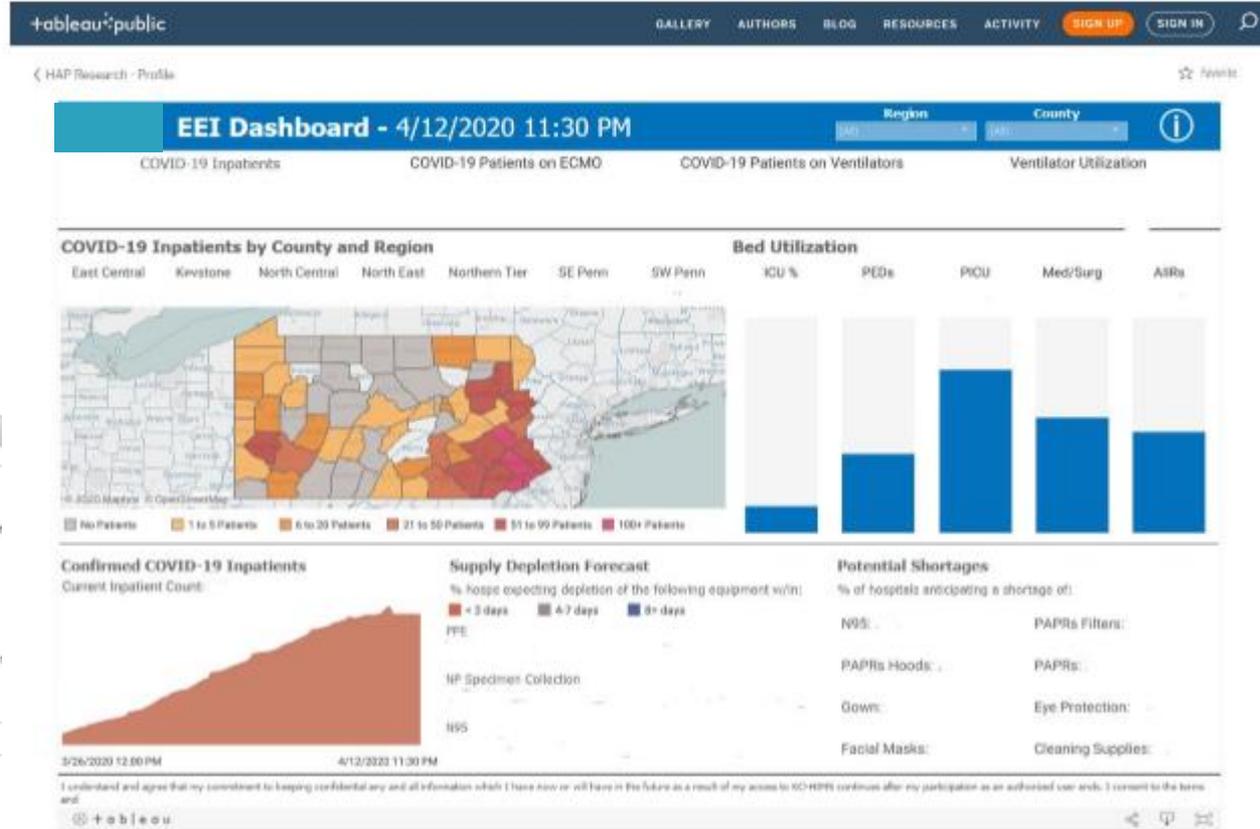
Hospital Signature:  clear

CORSURVEY DATA COLLECTION AND REPORTING

You streamline the collection, reporting collection of Essential Elements of Information (EEI)

Essential Elements of Information

- ✓ PPE Burn Rate
- ✓ Vent Utilization
- ✓ Patient Counts
- ✓ Bed Utilization



Enables reporting to HHS Protect by using CDC header dictionary

Action Request Capacity Response

EEIs Response ?

Does your facility have an established respiratory protection plan? Y N

Is your facility planning to use N95 masks. If so, is your staff fit-tested to wear N95 masks? Y N N/A, No Plans to use N95's Yes, but not

What mask brands and models are staff fit tested to use?

Is your facility planning to use PAPRs. If so, is your staff trained to use PAPRs? Y N N/A, No Plans to use PAPR's Yes, but not

Is your staff adequately trained in correctly donning and doffing of PPE? Y N Yes, but will require additional training

Is there an immediate need for hand hygiene/disinfection supplies listed below? Response ?

Alcohol Based Hand Sanitizer Y N

Hand Soap Y N

Disinfection Solutions Y N

Disinfection Wipes Y N

Gloves Y N

Disinfectant

Other (please specify)

Does your facility anticipate material/supply shortages of the following? Response ?

N95's Y N

CORRESOURCE NEEDS REQUESTS

You request additional generators or other PPE from nearby hospitals.

CORVENA Wargo, John (EMT) Healthcare Incident Management System

BREAKING NEWS:

[GIS](#) [Status Board](#) **[Resources](#)** [Critical Infrastructure](#) [Messages](#) [Logs](#) [Reports](#) [Incident](#) [Missions](#) [References](#) [Action Request](#) [EOC](#) [Evaluations](#) [STEM / Pt Track](#)

[Overview](#) [IAP/ICP](#) [Planning](#) [Checklists](#) [Log](#) [Patients](#) [Map](#) [Resources](#) [Docs](#) [Damage](#) [Missions](#) [References](#) [AR Response](#) [Evaluations](#)

INCIDENT: 6051 - Power Outages (PARENT: 4875 - Severe Weather in Omaha Area)

[Current Resources](#) [Outgoing Requests](#) [Incoming Requests](#) [Direct Allocate](#) [Show Only My Requests](#)

Outgoing Direct Requests [Make Direct Request](#)

Req ID	Description	Name	Agency	Requested For	Resource	Qty	Time	Accepted
No items to display								

Page 0 of 0 20 items per page

Outgoing By Type Requests [Make By Type Request](#)

Req ID	Description	Type	Category	Kind	Requested For	Qty	Time
1187	Generator	I	Public Works & Engineering (ESF03)	Equipment	6051 - Power Outages	4	11/19/2019 10:28

Incoming By Type Requests

By Type ID	Description	Category	Type	Kind	Requested For	Qty	Time	Commit Qty
1178	Generator	Public Works & Engineering (ESF03)	VI	Equipment	M31 - Generator Test for Zach	1	04/11/2018 07:17	1
1185	Oxygen Delivery, NC/NRB/SM/Other	Patient Care Supplies (ESF08)	All Types	Inventory	4979 - Gas Leak at Potter Field	50	02/27/2019 12:03	30
1188	Generator	Public Works & Engineering (ESF03)	I	Equipment	6053 - Flood	4	11/19/2019 10:55	

CORREPORT AUTOMATED DOCUMENTATION

You produce after-action reports and compliance documentation.

Automatically Generate Compliance Documentation

- ✓ HICS/ICS Forms
- ✓ After Action Reports
- ✓ TJC-6 Critical Elements
- ✓ HSEEP
- ✓ Critical Infrastructure Tracking
- ✓ Hazards Vulnerability Assessment
- ✓ Cost Allocation for Reimbursement
- ✓ Service Records
- ✓ Warranty Information

Incident Action Plan (IAP) / Incident Coordination Plan (ICP)

Include	Document Name	HICS	Data	
<input type="checkbox"/>	Cover Page	---	Y	
<input type="checkbox"/>	Incident Briefing	201	Y	
<input type="checkbox"/>	Incident Objectives	202	Y	
<input type="checkbox"/>	Organizational Assignment List	203	Y	
<input type="checkbox"/>	Incident Communications Log			
<input type="checkbox"/>	Staff Medical Plan			
<input type="checkbox"/>	Organizational Chart			
<input type="checkbox"/>	Operational Log			
<input type="checkbox"/>	Disaster Victim/Patient Tracking Form			
<input type="checkbox"/>	Master Patient Evacuation Tracking Form			
<input type="checkbox"/>	Resource Accounting Record			
<input type="checkbox"/>	Hospital Casualty/Fatality Report			
<input type="checkbox"/>	Incident Action Plan Safety Analysis			
<input type="checkbox"/>	Situation report			
<input type="checkbox"/>	Upstaff at Medical Tent early Supplies restocked often			

HICS 201 - INCIDENT BRIEFING

1. Incident Name and Number

Warrior Dash PA (Pocono Raceway 2015)
3550

2. Operational Period

DATE: FROM: 03/10/15 TO: 03/13/15
TIME: FROM: 14:18 TO: 05:00

3. Situation Summary (for briefings or transfer of command)

4. Health and Safety Briefing Identify potential incident health and safety hazards and implement necessary measures (remove hazard, provide personal protective equipment, warn people of the hazard) to protect responders from those hazards.

Potential/Actual Hazards	Affected Section/Branch/Unit and Location	Mitigations	Mitigation Completed	Date/Time
Fire / Burn	Warrior Roast	Fire Officer and Extinguisher / First Aid Center Burn Cart		03/10/15 14:48
Drowning	Alcatraz	Lifeguard / rescue equipment		03/10/15 14:49

5. Map / Sketch (Attach sketch showing the total area of operations, the incident site/area, impacted and threatened areas, and/or other graphics depicting situational status and resource assignment, as needed.)

See Attached

After Action Follow-Up Items:

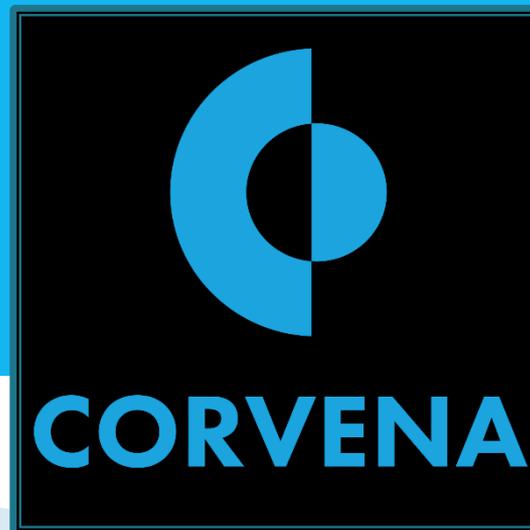
Date Of Action	Classification	Problem/ Description	Action Taken/Suggested Countermeasures	Outcome/Result	Facility/ Location	Action Owner	Follow-Up Assigned to	Completion Due Date	Current Status	Additional Notes
03/10/2015 01:18	Notable Action	Warrior Dash PA (Pocono Raceway 2015): Warrior Dash PA at Pocono Raceway is a 5K extreme run. Expecting 7,000 participants, and 4,000 spectators.	Preplanning of evacuation	Multiple injuries	Event Medical	Jim Jackson	Jim Jackson			Plans are in motion- Developing plans for severe we
05/04/2015	Best Practice	Hospital requesting gen unit	Plan a go/no-go for placement of gen	Gen placement allowed field hosp to operate at full capacity	Event Medical	John Wargo	Dave Wojs	3/28/2019 12:00:00 AM	Completed	The 80KW gen worked well.
02/17/2016 02:21	Area for Improvement	Laptops needed in EOC	IT brought up 10 additional.	Laptops needed for multiple roles. During change of shifts, Chiefs needed to give up their laptops to the incoming chief. Didn't have laptops for their use outside of the incident.	Event Medical	Steve Schaeffer	Steve Schaeffer	9/30/2019 12:00:00 AM		
12/14/2016 08:13	Area for Improvement	Power to be restored in 30 min	Send notifications	Notify all of expected up time to operate at full capacity	Event Medical	John Lehr	John Lehr	10/2/2019 12:00:00 AM	Power still down.	
04/22/2018 04:15	Area for Improvement	Test Log Medical Tent needs to be moved closed to ER	New SOP Written/Updated	Tents need to be closer to ER in future setup/config	Event Medical	Operations Section			In progress	This needs to be updated for ot events plans as well

SITUATIONAL INTELLIGENCE TO MAINTAIN YOUR OPERATIONAL PULSE

ALL FUNCTIONALITY
IN ONE PLACE

ACCESSIBLE BY EVERYONE

WITH ONE USERNAME & PASSWORD



Training Breakout Sessions

Some presenters provided their presentations;
see attached

Virtual Exhibit (the Conference will resume at 1 pm)



Emergency Response & OSHA Safety Training and Equipment Specialists

Some of the Many Courses & Services We Offer

- Hospital 1st Receiver Decon
- Hospital Emergency Response Team
- Spill Response
- Confined Space
- Hospital Incident Command
- Train The Trainer Courses
- PPE Donning and Doffing
- Decon Equipment Inventories and Inspections
- HERT Team Apparel
- Medical Surge Shelters
- Equipment Storage Solutions

www.HotZoneUSA.com
(352) 557-4740

Surviving COVID Using Aggressive Self-Care to Build the Habit of Resilience

C. Dwight Bain, LMHC, Founder
The Lifeworks Group



Threat Assessment

Cleyton Bray

CFIX



Closing Session

Eric Alberts

CFDMC Board Chair

- ▶ Member of the Year
 - ▶ Leader of the Year
 - ▶ Reminders
 - ▶ Prizes
 - ▶ Thank You!
- 

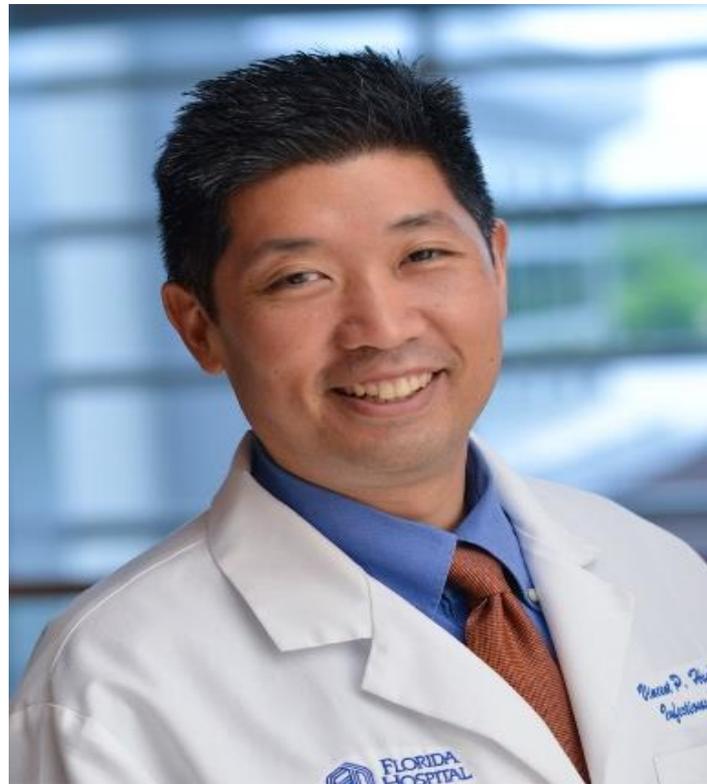
2020 CFDMC “Bill McDeavitt Member of the Year Award”

Nick Pachota



2020 CFDMC “Larry Lee Leader of the Year Award”

Dr. Vincent Hsu



Reminders

- ▶ Hurricane Tabletop (following closing session)
 - ▶ Friday's training opportunities
 - ▶ Evaluation
 - ▶ 2021 Meeting Schedule
 - ▶ Communications Drill
 - ▶ Engagement Opportunities
- 

Prizes!

- ▶ \$50 gift card
- ▶ \$100 gift card
- ▶ \$250 gift card



Hurricane Tabletop

- ▶ Edward Bradley, DOH–Martin
- ▶ Megan Milanese, DOH–Lake
- ▶ Karen Street, DOH–Brevard



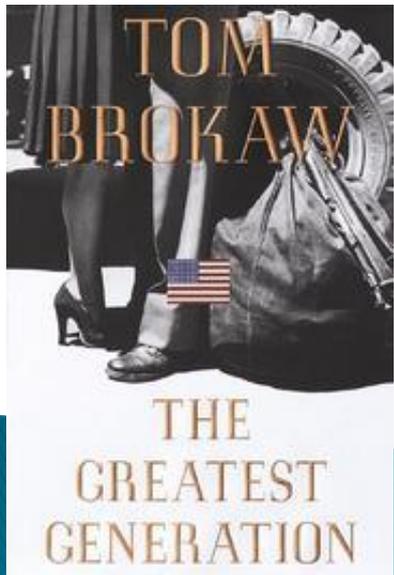


COVID-19 Lessons Learned & Looking Ahead to 2021

Vincent Hsu, MD MPH & AC Burke, MA CIC
Central Florida Disaster Medical Coalition
2020 Annual Conference
December 10, 2020

COVID-19 is “Our
Greatest Challenge...
We are Profoundly
Changed”

-Tom Brokaw



Prevailing Thought on Inf Disease, 1967

“The time has come to close the book on infectious diseases. We have basically wiped out infection in the United States.”

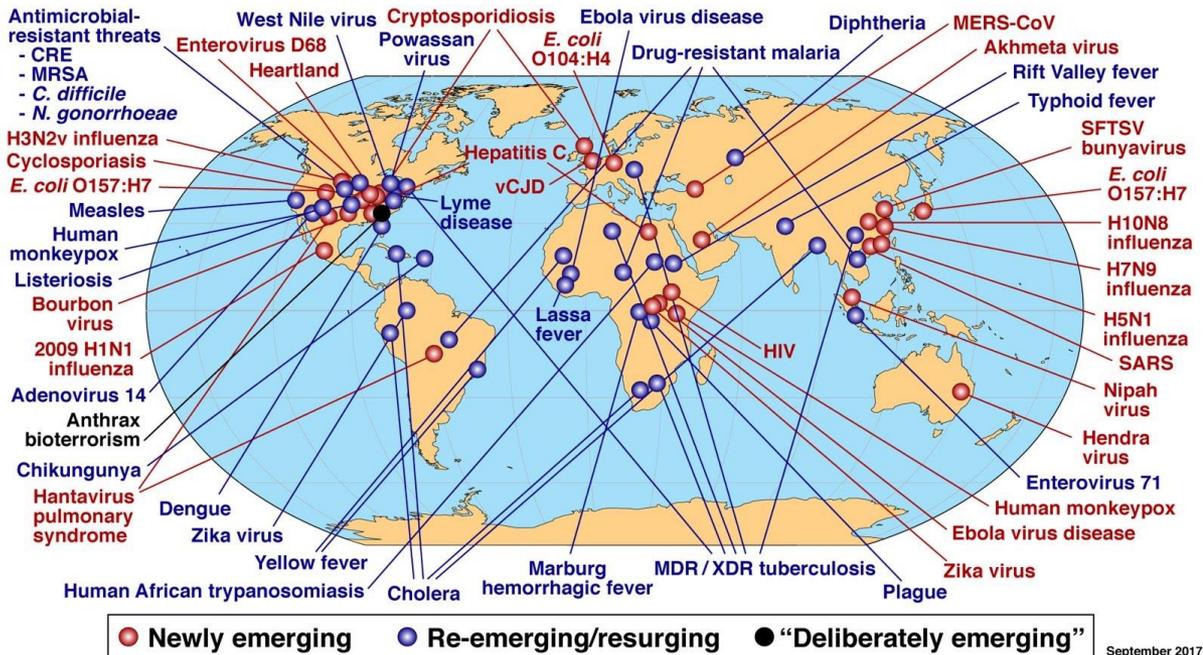


Copyright Statement:

The National Library of Medicine believes this photo to be in the public domain.

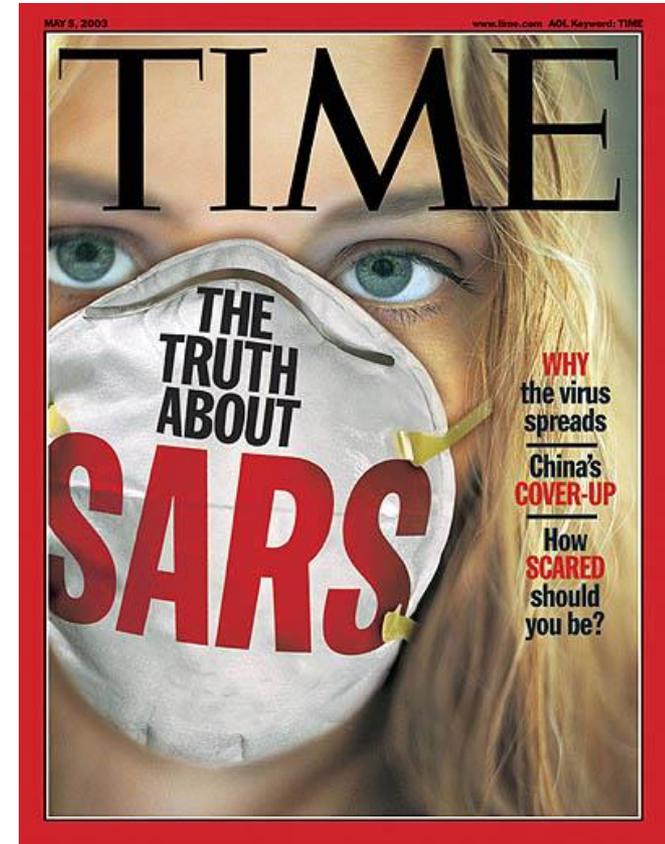
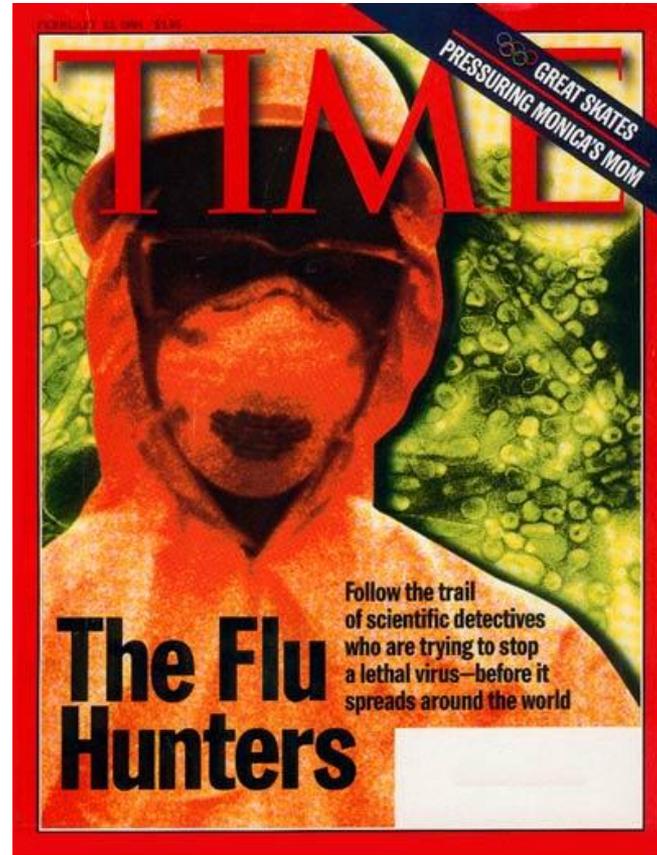
State of Infectious Diseases, Today

Global Examples of Emerging and Re-Emerging Infectious Diseases



“No more excuses. We have the drugs. We have the prevention capabilities...it’s going to take political and other will to change the trajectory of that epidemic” – Anthony Fauci, 2017

EIS Officers: Disease Detectives



U.S. ATTACKED

HIJACKED JETS DESTROY TWIN TOWERS AND HIT PENTAGON IN DAY OF TERROR

A CREEPING HORROR

Buildings Burn and Fall as Onlookers Search for Elusive Safety

By N. R. KLEINFIELD

It kept getting worse.

The horror arrived in episodic bursts of chilling disbelief, signaled first by trembling floors, sharp eruptions, cracked windows. Then was the actual unfathomable realization of a gaping, flaming hole in first one of the tall towers, and then the same thing all over again in its twin. There was the mind-boggling sight of bodies helplessly tumbling out, some of them in flames.

Finally, the mighty towers themselves were reduced to nothing. Dense plumes of smoke roared through the downtown avenues, soaring between the buildings, shaped like tornadoes in their paths.

Every sound was cause for alarm. A plane appeared overhead. Was another one coming? No, it was a fighter jet. But was it friend or enemy? People scrambled for their lives, but they didn't know where to go. Should they go north, south, east, west? They outside, go indoors? People hid beneath cars and each other. Some contemplated jumping into the river. For those trying to flee the very



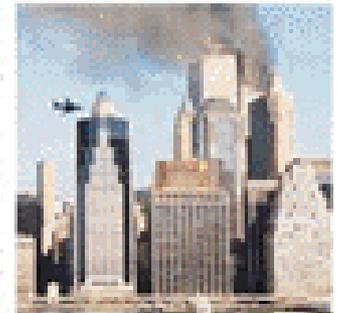
President Vows to Exact Punishment for 'Evil'

By SERGE SCHREIBMAN

Hijackers rammed jetliners into each of New York's World Trade Center towers yesterday, toppling both in a hellish storm of ash, glass, smoke and leaping victims, while a third jetliner crashed into the Pentagon in Virginia. There was no official count, but President Bush said thousands had perished, and in the immediate aftermath the calamity was already being ranked the worst and most audacious terror attack in American history.

The attacks seemed carefully coordinated. The hijacked planes were all en route to California, and therefore gorged with fuel, and their departures were spaced within an hour and 45 minutes. The first, American Airlines Flight 11, a Boeing 767 out of Boston for Los Angeles, crashed into the north tower at 8:48 a.m. Eighteen minutes later, United Airlines Flight 175, also headed from Boston to Los Angeles, plowed into the south tower.

Then an American Airlines Boeing 757, Flight 77, left Washington's Dulles International Airport bound for Los Angeles, but instead hit the western part of the Pentagon, the military headquarters where 24,000 people work, at 9:40 a.m. Finally, United Airlines Flight 93, a Boeing 737 flying from Newark to San Francisco, crashed near Pittsburgh, raising the pos-



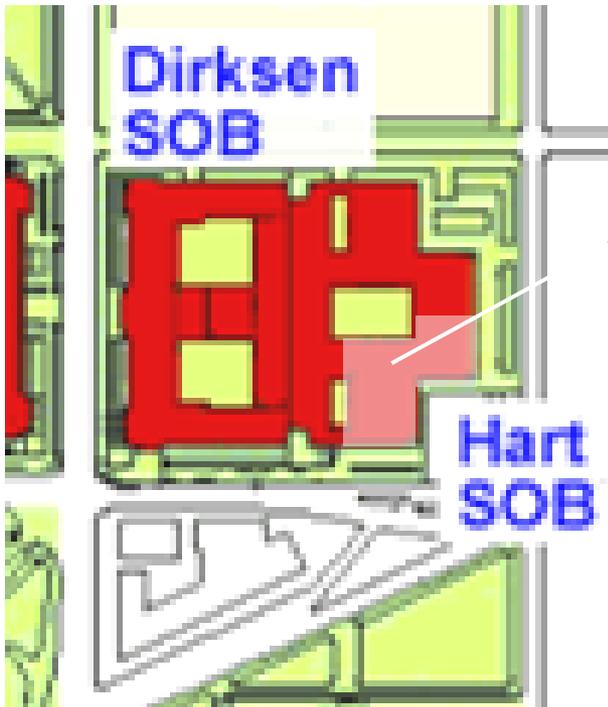
United Airlines Flight 175 nearing the trade center's south tower.



The Washington Post
Anthrax Scare Comes to Capitol Hill
Letter to Daschle Tested for Bacteria

*Ceci Connolly and Helen
Dewar. Washington, D.C.:
Oct 16, 2001. pg. A.01*

Defined: Exposure Area and Population at Risk



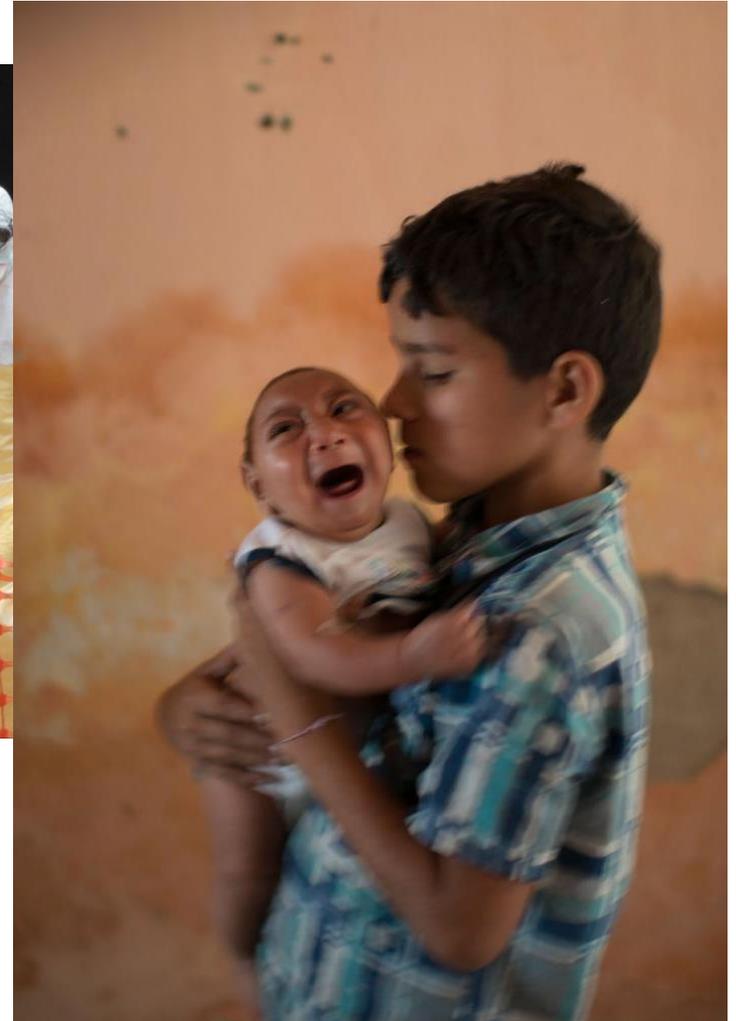
Exposure Area
Southeast quadrant
of Hart Building: 5th
and 6th floors
Population at Risk All
persons in the
exposure area on
October 15

CLICK ON: CLICK ON AGAIN
NOTE: ON WEEKENDS, ALL MAIL MUST BE SCANNED
'ATTEMPTED', YOU MUST FOLLOW THE NEXT 5 STEPS!



Since AdventHealth: Emerging Infectious Diseases, 2009–

- ▶ H1N1
- ▶ MERS
- ▶ Ebola
- ▶ Vector-borne
(Chikungunya, Zika)
- ▶ Measles
- ▶ MDROs
- ▶ COVID-19



COVID-19: What We've Learned In Under a Year

▶ Transmission and PREVENTION

- Social distancing
- Face coverings
- Contact investigation

▶ Infectiousness

▶ Surge capacity / crisis SOC

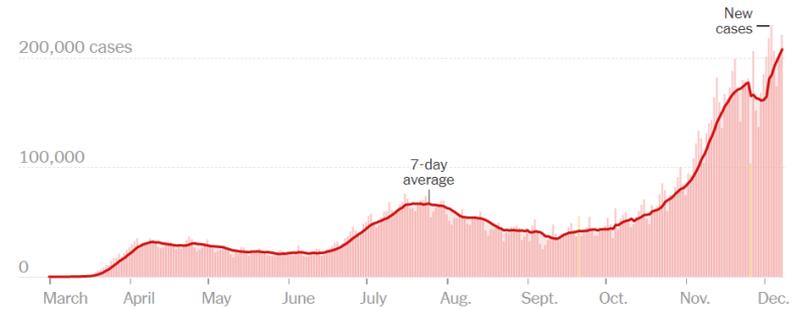
▶ Standardized therapies

▶ Med/ psych / societal effects of pandemic

▶ Vaccination

▶ Disinformation / politicization

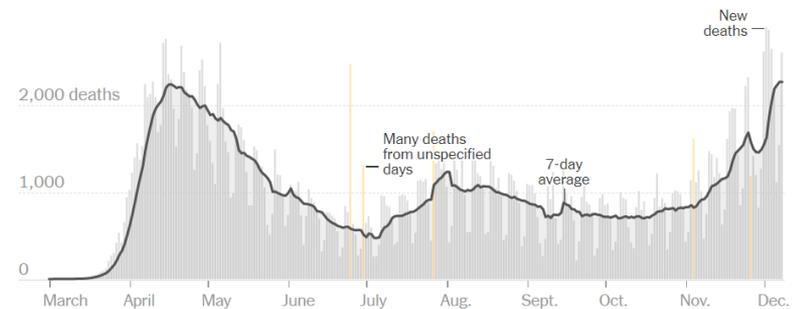
New reported cases by day



■ These are days with a data reporting anomaly. Read more [here](#).

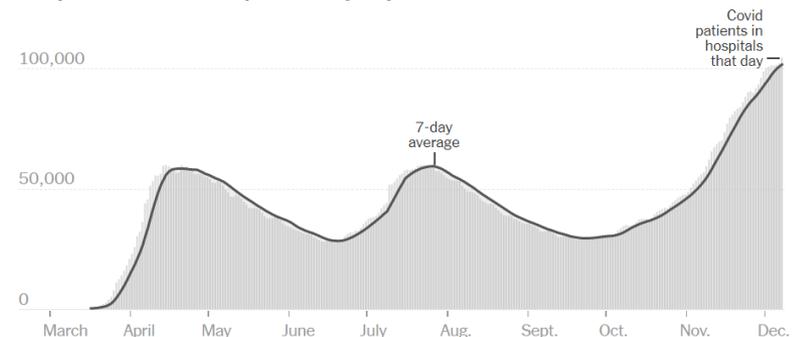
Note: The seven-day average is the average of a day and the previous six days of data.

New reported deaths by day



■ These are days with a data reporting anomaly. Read more [here](#).

Hospitalized Covid-19 patients by day



Emerging Infectious Diseases Will Only Continue: Contributing Factors

Microbial adaption & change	Human susceptibility to infection
Climate & weather	Changing ecosystems
Human demographics & behavior	Economic development & land use
International travel & commerce	Technology & industry
Breakdown of PH measures	Poverty & social inequality
War & famine	Lack of political will
Intent to harm	

Coalitions: Foundation of Disaster Response

- ▶ We share the same passions
 - Making a difference
 - Working together
 - Preventing & mitigating disasters
- ▶ Need for healthcare providers to work together during crises: Hospital Preparedness Program
 - Healthcare systems
 - Emergency management
 - Public Health
 - Responding to chemical, weather, radiological, nuclear, biological disasters...

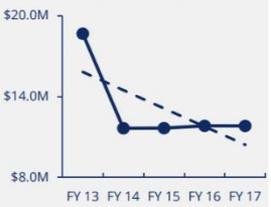



HOSPITAL PREPAREDNESS PROGRAM

FLORIDA

HPP FUNDING

37% decrease in funding
since FY 2013



Fiscal Year	Funding (\$M)
FY 13	18.5
FY 14	11.5
FY 15	11.0
FY 16	11.0
FY 17	10.5

HIGHLIGHTS

- All twelve of Florida's (FL) health care coalitions (HCC) have a non-profit fiduciary agent. The FL Department of Health (DOH) contracts with ten non-profits and provides 45% of allocated HPP funds directly to the 12 HCCs
- HCCs in Florida (FL) are rapidly growing. All coalitions have strong governance structures and are developing sustainment strategies to become autonomous partners with state ESF-8
- FL DOH tested the Florida Infectious Disease Transport Network plan in May 2018 to support infectious disease readiness across the state. The FL DOH Exercise Team has assisted coalitions across Region 4 and the nation to develop their Coalition Surge Test

SPOTLIGHT ON RESPONSE: Hurricanes Irma and Maria

- HCCs across Florida stood up during Hurricanes Irma and Maria in 2017. They provided their members with daily information regarding the situation. They also assisted ESF-8 with coordination and provided a better understanding of available resources. All coalitions are now taking a much more active role in response
- FL worked with the Region IV Unified Planning Coalition to identify, request, and receive the Mobile Disaster Hospital, based in North Carolina, to support Marathon Key after Fisherman's Hospital was condemned and closed from the Maria strike

FY 2018 PRIORITIES

- FL's HCCs have strong preparedness plans and are developing response plans in 2018-2019. The Big Bend Healthcare Coalition, located around Tallahassee, has a key role leading this endeavor
- The Central Florida Disaster Medical Coalition, around Orlando, is working with health care partners to develop a regional infectious disease network. The coalition reported infectious disease preparedness as a major gap, and health care clinical leaders are working together through the HCC to address the gap



12
Health Care Coalitions

+

74%

of hospitals

+

26%

of Emergency Medical Services

III

66%

of public health departments

!

87%

of emergency management organizations

<http://www.floridahealth.gov/programs-and-services/Dayle.Mooney@flhealth.gov>

<https://www.PHE.gov/HPP>
HPP@hhs.gov

Budget Period 5 data current as of 01/24/2018

Central Florida Disaster Medical Coalition: EID Collaborative

- ▶ Ebola, 2014 – present
 - DOH Infection Control & Response (ICAR) pilot
 - Identify common needs, hurdles
 - Lab equipment
 - Standard equipment & protocols
 - NETEC training and maintaining readiness

 - ▶ COVID-19 brought related, but its own unique set of issues
 - Structure: negative pressure
 - Equipment: PPE
 - Standardized processes
 - New funding \$500K through Florida Hospital Association

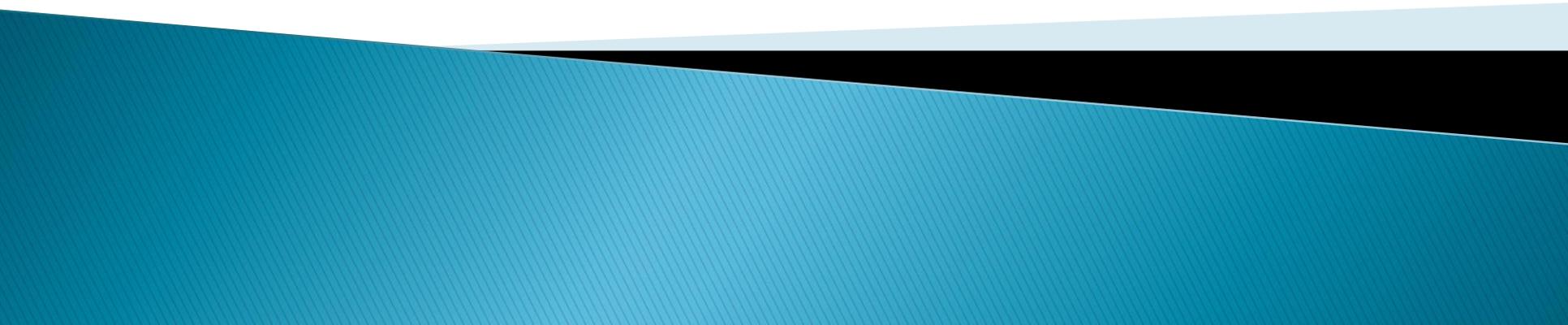
 - ▶ EID Collaborative continues to learn, bringing stakeholders together and bridging gaps
- 

Summary: Looking to 2021 and Beyond

- ▶ Emerging Infectious Diseases will continue to be a threat to the global community
 - ▶ CFDMC's EID Collaborative continues to respond
 - Ebola
 - COVID-19 has taught us so much more
 - ▶ Coalitions continue to be the backbone of community preparedness and response
 - Dedicated professionals
 - Transcending geographic & healthcare systems
 - Multiple partners, public-private partnership
- 

Interim After-Action Report

SARS-Cov-2 PANDEMIC



Interim After-Action Report

- ▶ Florida's disaster declaration – March 25, 2020
 - COVID-19 Pandemic
- ▶ Information gathered in June of 2020
 - Live meeting June 18
 - Online survey

After Action

- ▶ One organization's strength was another organization's weakness
 - Internal communications
 - Designating someone to monitor websites for updates
 - Use of ICS
 - Collaboration across agencies at the local level
 - Capacity varied across county health departments
 - Just-in-time training systems/capacity
 - Ability to build on existing disaster plans, systems, and processes and quickly adapt plans for the pandemic
 - Increase cleaning of common areas, medication carts, etc.
 - Acquisition of products for disinfecting environment & equipment

After Action Report

PPE

Long-term Care

- ▶ Capacity of long-term care facilities to implement quarantine and isolation of residents
 - ▶ Limited staffing resources
 - ▶ Conflicting information from strike teams that went into LTCF
 - ▶ Stronger infrastructure for infection prevention and control
 - ▶ More training for nursing homes
 - ▶ Visitor restrictions and impact on well-being of the residents
- 

Challenges

- ▶ Staffing when too many staff were infected or quarantined
 - Internal contact tracing
 - ▶ Keeping up with non-COVID responsibilities
 - ▶ Recognizing that home health and nursing home staff are front-line workers in a pandemic
 - ▶ Facilities/organizations feeling like they were on their own
 - ▶ Following evidence-based practice when evidence is still being generated
 - ▶ Ensuring valid data and real-time data to support decision-making
 - ▶ Inconsistent messaging across state agencies – FDOH/DEM
 - ▶ Testing
- 

Management of the Deceased

- ▶ Refrigerator trucks
 - ▶ Reporting – ME reports based on county of death and FDOH reports based on county of residence
ME asked to review all COVID deaths and prior training is they would handle deaths at home
 - ▶ ME information is public information and FDOH said information is protected
 - ▶ Need a collection point in each county
 - ▶ FEMORS did have capacity to run storage facility in Central Florida
- 

After Action

- ▶ Develop pandemic plan
 - ▶ Update CEMP requirements to align with current guidelines
 - ▶ Unified command across public agencies; processes for consistent messaging among public health and emergency management at the state and local level
 - ▶ System to prioritize multiple requests for the same resources
 - ▶ Define processes for requesting and accessing supplies from local, regional, and state resources
- 

After Action Report

- ▶ Clarify notification procedures for activation of resources and communicating with staff and the public
 - ▶ Define roles and responsibilities of various agencies for pandemic response
 - ▶ Consistent interpretation across public agencies as to what is public information and what is protected information
 - ▶ Contact tracing procedures for organizations to use internally
 - ▶ Education on outbreak response, exposure control, and evaluation
- 

After Action Report

- ▶ Fit testing for non–acute care healthcare settings
 - ▶ Negative pressure capacity
 - ▶ Platform for facilities to share tools and templates with each other
 - Policies, procedures, event report forms, outcome reports
 - ▶ Need more functional exercises instead of tabletops
 - ▶ Assistance to home health with PPE and telehealth access
 - ▶ Sample pandemic disaster plan for ASCs
 - ▶ Reassess HVA and PPE supply
- 

ASPR GRANT

ASPR Grant Themes

- ▶ Update pandemic plans
 - ▶ Staff training related to COVID-19 or activation of other emergency plans
 - ▶ Purchase PPE
 - ▶ Minor alteration of inpatient care areas to enhance infection control, increase isolation capacity
 - ▶ Alternate care sites
 - ▶ Telemedicine
- 

Grant Projects

- ▶ Infection prevention consultants for nursing homes
 - ▶ Review of policies and procedures for COVID-19
 - Early detection, isolation, use of PPE, etc.
 - Identify and share best practices
 - ▶ Identify common training needs across nursing homes
 - Develop and implement training
- 

Grant Projects

- ▶ Negative pressure capacity for nursing homes
 - Provide equipment
 - Nursing home must participate in consultative services to ensure plans are in place and staff are trained for preventing and containing the spread of COVID

Grant Projects

- ▶ Fit testing and respirator use for staff in long-term care
 - Train-the-trainer including return demonstration by trainer to validate competency
 - Provide tools for trainer to use in long term care to train staff including competency check off

Grant Projects

- ▶ Regional Repository – electronic platform to share information
 - Best practices
 - Tools and templates
 - Policies and procedures

Grant Projects

- ▶ Award Total = \$480,963
- ▶ Infection prevention consulting = \$160,000
- ▶ Negative pressure = \$256,000
- ▶ Fit Testing Train-the-Trainer = \$40,000
- ▶ Online platform for repository = \$24,963

Thank You!



ASPR

Central Florida Disaster Medical Coalition 2020 Annual Conference

**Jeanne Eckes-Roper, RN MBA
December 10,2020**



The Big Picture of Disaster Response

From Local Request to Federal Response

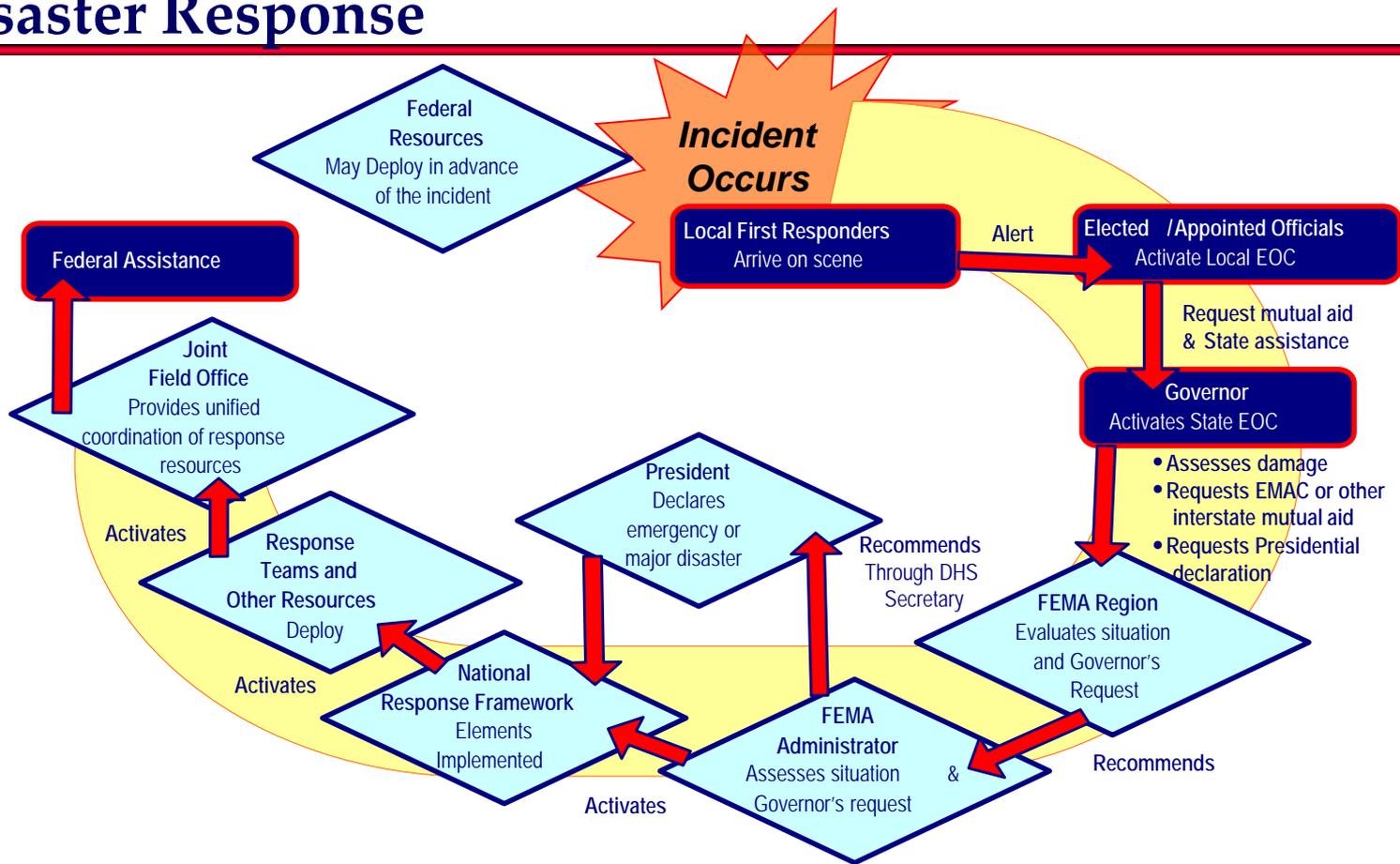
Objectives

- Review the Emergency Management process
- Understand how to request assistance from a local entity to the Federal Government
- Introduce the Statutory Authorities used during disaster response
- Describe the ESF-8 Organizational Structure
- Review the process of defining the requirements of a need vs. asking for a particular asset

Emergency management

- Defined: framework to organize and manage the resources and responsibilities for dealing with emergencies
- Consists of four phases – mitigation, preparedness, response, and recovery
- Goal: to reduce the harmful effects of all hazards, from threatened or actual natural disasters, acts of terrorism, or other man-made disasters
- Local to federal offices

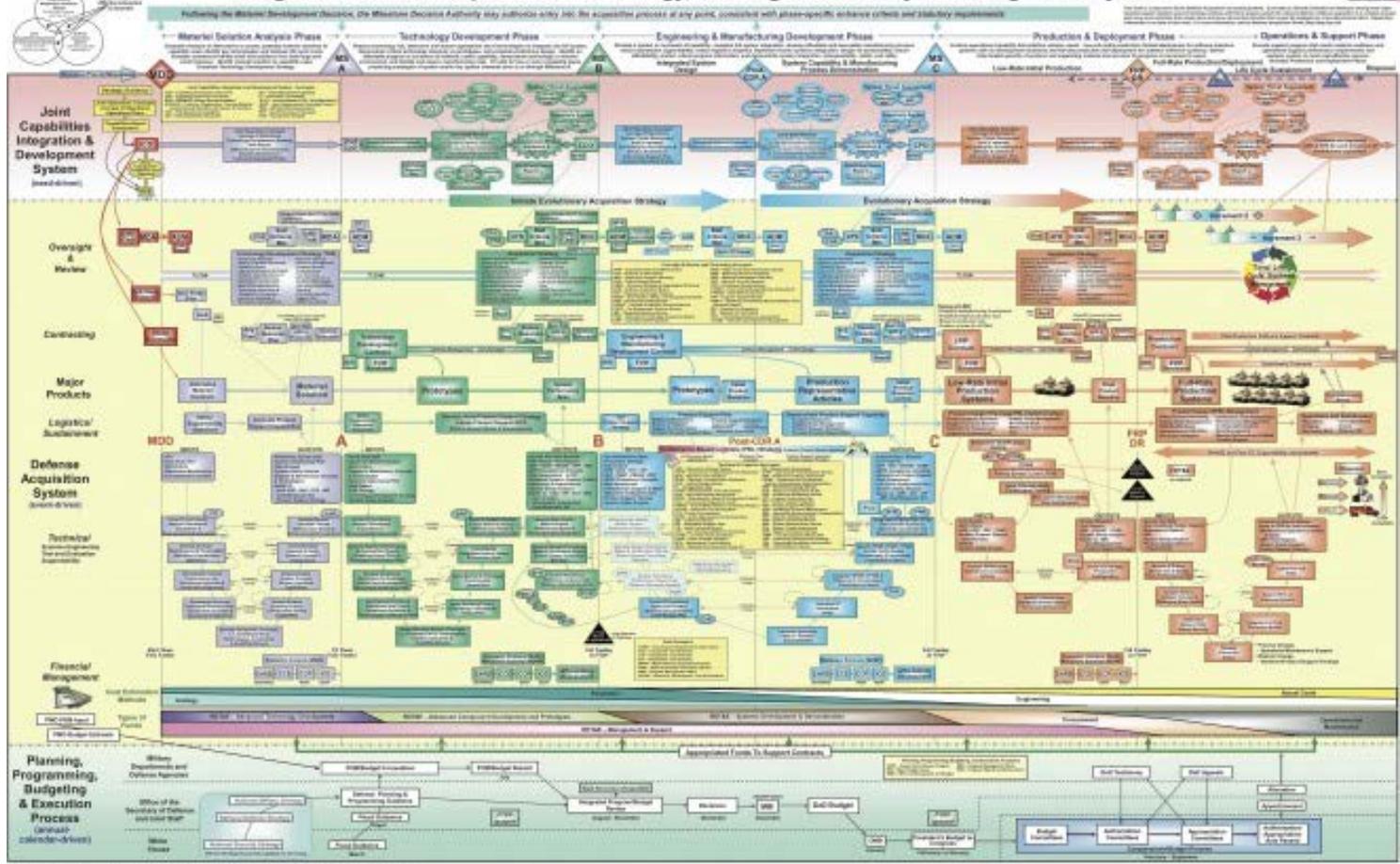
Disaster Response



Requesting Assistance

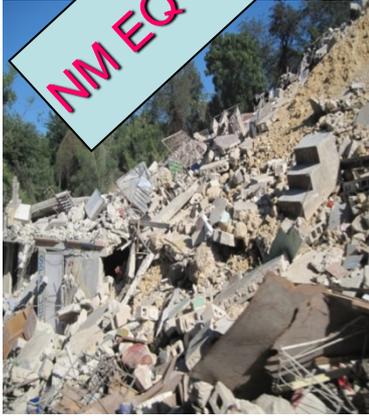


Integrated Defense Acquisition, Technology, and Logistics Life Cycle Management System

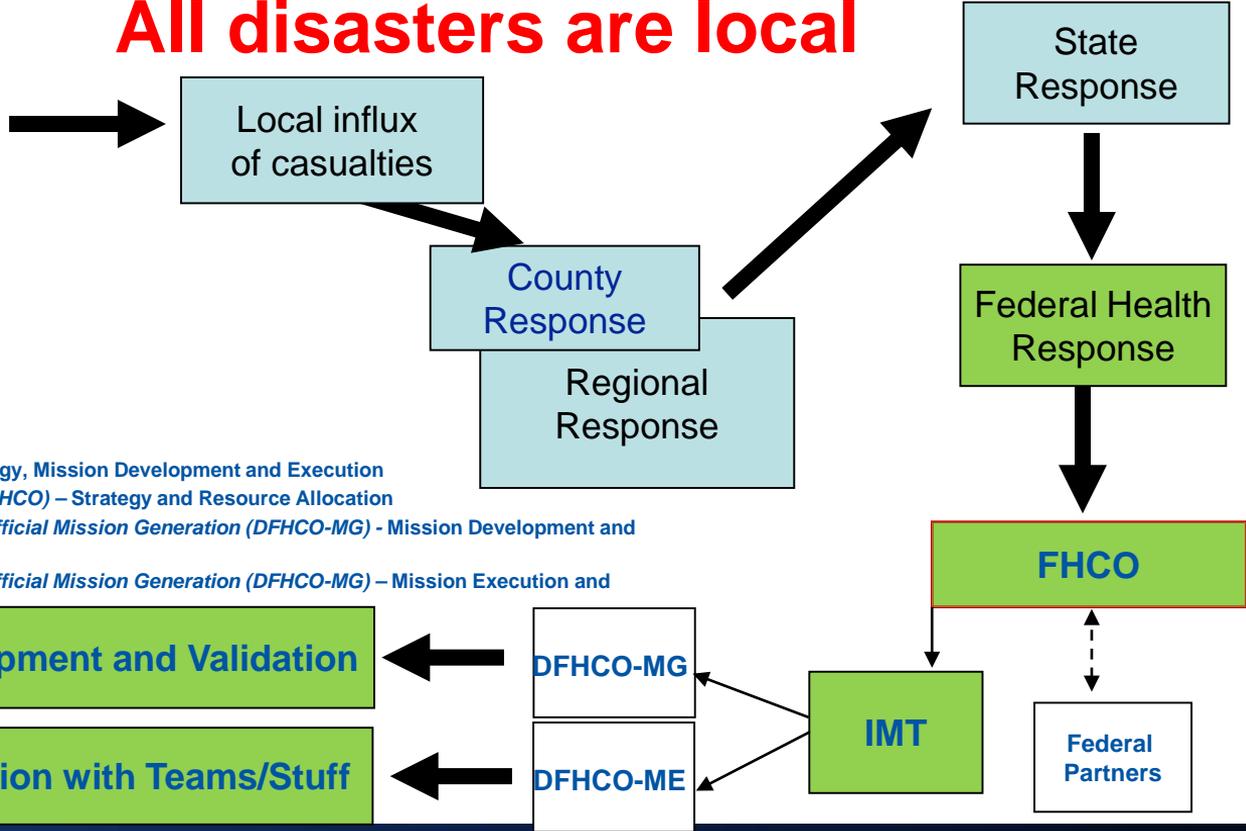


ESF-8 Response Structure

NM EQ 7.0



All disasters are local



- Incident Management Team (IMT) – Strategy, Mission Development and Execution
- Federal Health Coordinating Official (FHCO) – Strategy and Resource Allocation
- Deputy Federal Health Coordinating Official Mission Generation (DFHCO-MG) - Mission Development and validation
- Deputy Federal Health Coordinating Official Mission Generation (DFHCO-MG) – Mission Execution and Tactics

Key Disaster Response Authorities

Homeland Security Act Stafford Act PKEMRA

Homeland Security Act: The Homeland Security Act of 2002 created the Department of Homeland Security (DHS) as an executive department of the United States. The Homeland Security Act consolidated component agencies, including FEMA, into the Department.

Stafford Act: gives FEMA responsibility for coordinating Federal government disaster response.

Post Katrina Emergency Management Reform Act (PKEMRA): Gives FEMA the authority needed to lean forward and leverage the entire emergency management team in disaster response and recovery efforts.

PKEMRA also requires that each federal agency with responsibilities under the National Response Framework (NRF) develop operational plans to ensure a coordinated federal response.

Presidential Policy Directive (PPD) - 8

PPD-8: defines five preparedness mission areas, including: prevention, protection, mitigation, response and recovery.

It mandates the development of policy and planning documents to guide the nation's approach for ensuring and enhancing national preparedness.

The National Planning Frameworks, which are part of the National Preparedness System, set the strategy and doctrine for building, sustaining, and delivering the core capabilities identified in the National Preparedness Goal.

National Response Framework (NRF)

NRF: a guide to how the nation responds to all types of disasters and emergencies.

It is built on scalable, flexible and adaptable concepts identified in the National Incident Management System (NIMS) to align key roles and responsibilities across the nation.

Public Health Service Act (PHSA)

PHSA: provides the legal authority for the Department of Health and Human Services (HHS), among other things, to respond to public health emergencies.

Section 319: authorizes the Secretary to determine that a public health emergency (PHE) exists. Gives HHS the authority to engage in activities such as assisting state and local governments, suspending or modify certain legal requirements, and expending available funds to address the public health emergency.

Duration: 90 days or the emergency no longer exists; renewable

Emergency Support Functions (ESFs)

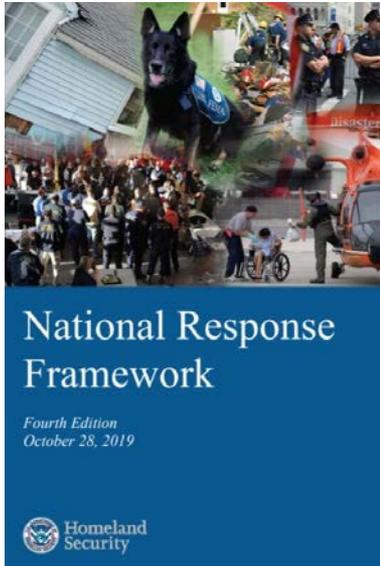
Under the NRF, there are 14 Emergency Support Function (ESF) Annexes that describe the Federal coordinating structures that group resources and capabilities into functional areas that are most frequently needed in a national response.

The Federal government organizes response resources and capabilities under the ESF construct.

Health Related Authorities in Disasters

- Public Readiness and Emergency Preparedness Act (PREP Act)
- Social Security Act (SSA)
- Federal Food, Drug and Cosmetic Act (FFDCA)
- Waivers/Modifications
 - Certain requirements under Medicare, Medicaid, the Children's Health Insurance Program (CHIP), and Health Insurance Portability and Accountability Act (HIPAA)
 - Exempting a person from select agents requirements for 30 days
 - Waiving certain prescription and dispensing requirements under the FFDCA
 - Adjusting Medicare reimbursement for certain Part B drugs
 - Waiving certain Ryan White HIV/AIDS grant program requirements
 - Making temporary personnel appointments up to one year
 - Granting extensions or waiving sanctions relating to submission of data or reports

The National Response Framework (NRF) is a guide to how the nation responds to all types of disasters and emergencies. It is built on scalable, flexible, and adaptable concepts identified in the National Incident Management System (NIMS) to align key roles and responsibilities.



- Emergency Support Functions that describe federal coordinating structures that group resources and capabilities into functional areas most frequently needed in a national response.
- Support Annexes that describe how support is organized among private sector, non-government organizations and federal partners.

Community Lifelines Defined

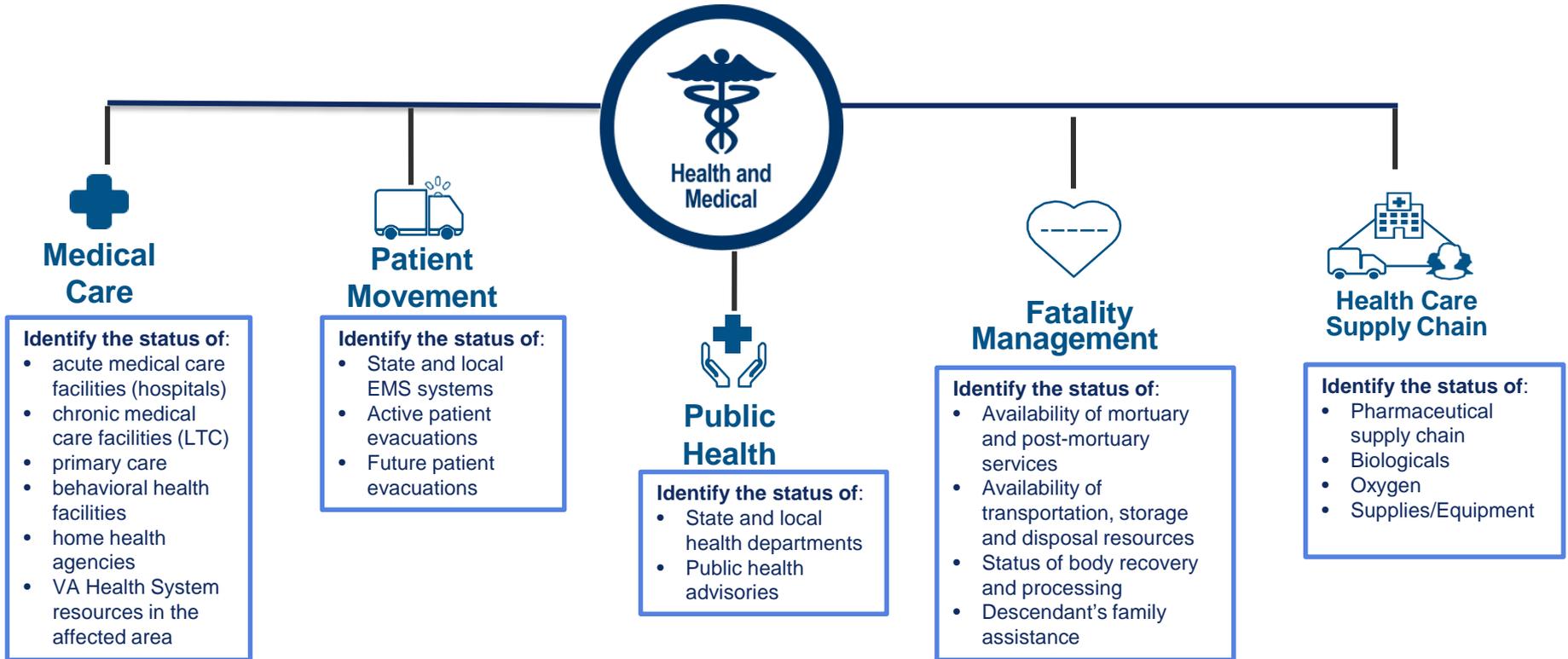
A CONSTRUCT FOR OBJECTIVES-BASED STABILIZATION EFFORTS

A lifeline enables the continuous operation of critical government and business functions and is essential to human health and safety or economic security.



- Lifelines are the most fundamental services in the community that, when stabilized, enable all other aspects of society to function
- Lifelines are the integrated network of assets, services, and capabilities that are used day-to-day to support the recurring needs of the community
- When disrupted, decisive intervention (e.g., rapid service re-establishment or employment of contingency response solutions) is required to stabilize the incident

Community Lifeline: Health and Medical



Emergency Support Functions (ESFs)

- Provide structure
- Group functions
- Used for Stafford Act declared disasters and emergencies and for non-Stafford Act incidents

Emergency Support Functions	
# 1	Transportation
# 2	Communications
# 3	Public Works & Engineering
# 4	Firefighting
# 5	Emergency Management
# 6	Mass Care
# 7	Logistics & Resource Support
# 8	Public Health & Medical
# 9	Search & Rescue
# 10	Oil & HazMat Response
# 11	Agriculture & Natural Resources
# 12	Energy
# 13	Public Safety & Security
# 15	External Affairs

ESF 8 Response Capabilities

- Assessment of Public Health and Medical Needs (including waivers)
- Health Surveillance
- Medical Care Personnel
- Health/Medical Equipment and Supplies
- Patient Evacuation
- Patient Care
- Safety and Security of Human Drugs, Biologics, Medical Devices, and Veterinary Drugs
- Blood and Blood Products
- Food Safety and Security
- Agriculture Safety and Security
- Worker Health/Safety
- All-Hazards Public Health and Medical Consultations, Technical Assistance, and Support
- Behavioral Health Care
- Public Health and Medical Information
- Vector Control
- Potable Water/Wastewater & Solid Waste Disposal
- Victim Identification/Mortuary Services
- Protection of Animal Health

Guiding Principle of Response

IT IS ALL ABOUT RELATIONSHIPS

People



Services

Public Services



Systems



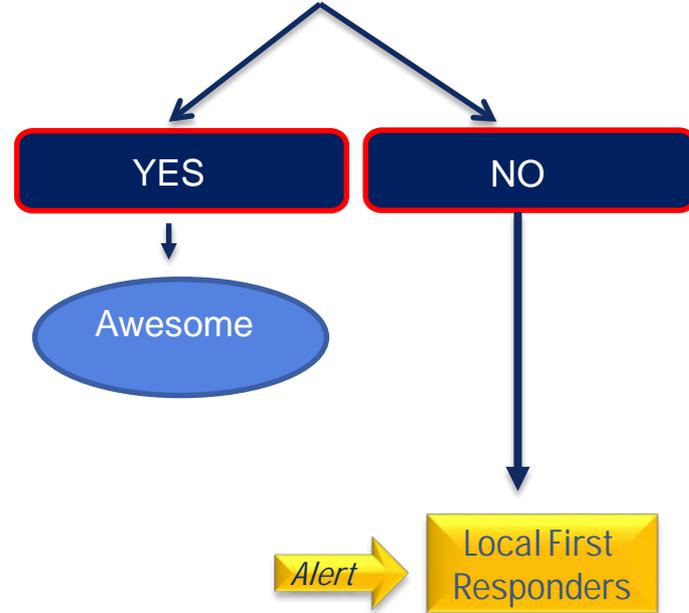


Facility/Local Actions



- Is it safe
- Ask HOW did this happen
- Apply the 5 W's
 - Who is involved
 - What is the emergency
 - When is assistance needed
 - Where is the emergency
 - Why did it happen
- Manage it internally
- Activate the Incident Command Center
- Determine if additional assistance is needed:

CAN I MANAGE



Local Actions

**Local First Responders
Arrive on Scene**



Mayor/County Executive
*Activate Local EOC; request
Disaster Dec & aid from*

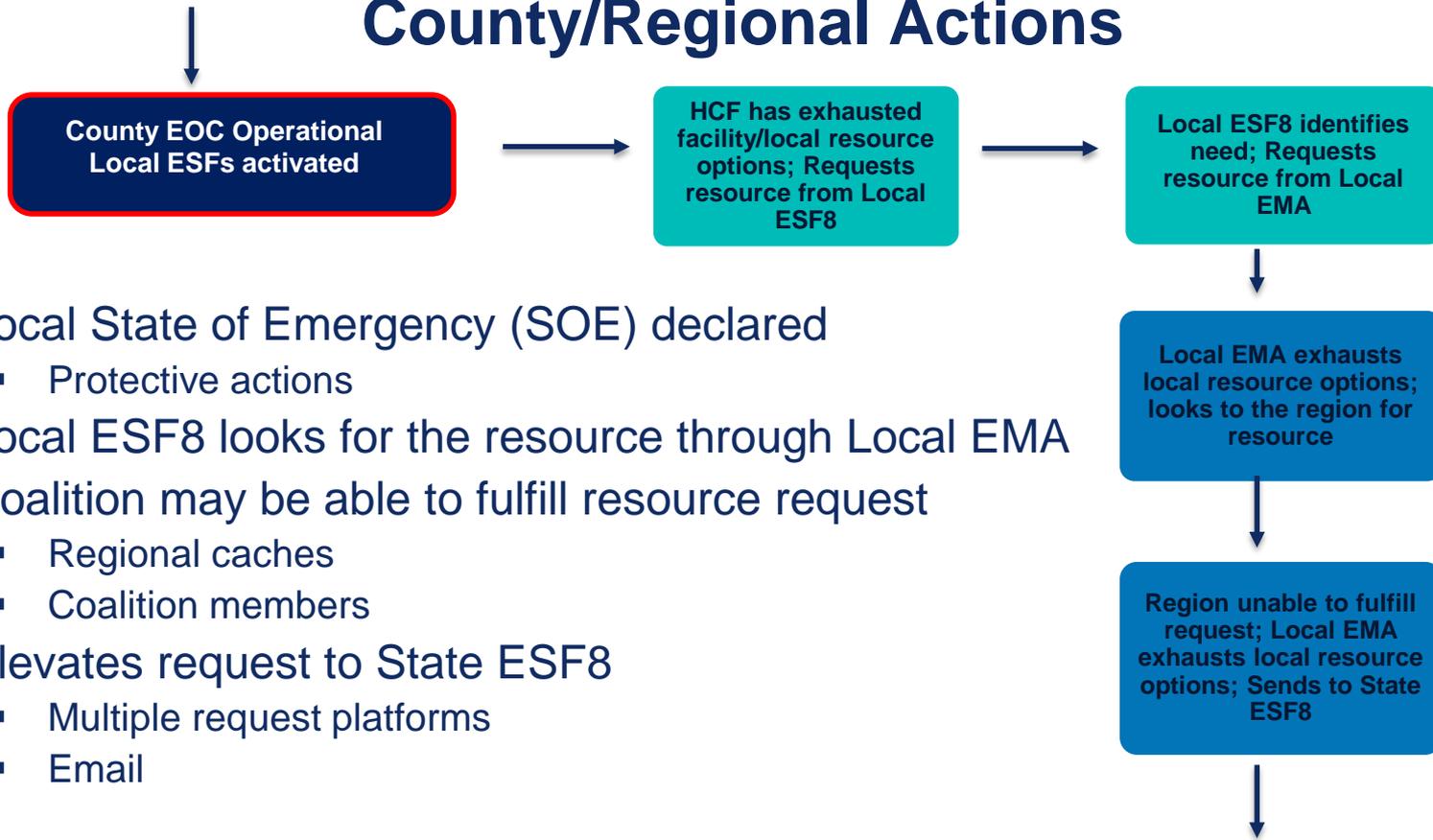
- First responders will assist in response
- Resources consumed = Resources replaced
- Existing Vendors/Contracts
- Sister/Corporate facilities
- Mutual Aid
- ESF 8 – H/M desk at Local EM in County
- Notify Coalition Leadership

**Elected / Appointed Officials
Activate the EOC**

City/County

This is getting BIG

County/Regional Actions



- Local State of Emergency (SOE) declared
 - Protective actions
- Local ESF8 looks for the resource through Local EMA
- Coalition may be able to fulfill resource request
 - Regional caches
 - Coalition members
- Elevates request to State ESF8
 - Multiple request platforms
 - Email

This is getting BIGGER

Mission Request Forms



COVID-19 - Bamlanivimab Hospital Resource Request

Orders must be received by close of business (5p EST) Tuesday for delivery the following week.

Hospital Name County

Address Line 1 Address Line 2

City State Zip

Point of Contact Name
First Last Point of Contact Title

Point of Contact Email Point of Contact Phone
 (201) 555-5555

Number of Doses Ordered

Date Ordered Current Inventory On Hand - Doses

ReadyOp platform

Delivery Address (if different from above) Address Line 2

City State Zip Code

Delivery Point Contact (if different from above)
First Last Delivery Point of Contact Title

Delivery Point of Contact Email Delivery POC Phone
 (201) 555-5555

Important Note:

When you click "Submit" below, you should be redirected to a page that says "Thank you for your submission."
If your screen does not change after clicking "Submit," please scroll up and modify any fields with red text.

Close Form

Mission Request Forms

+ New Mission

WebEOC platform

Order Information

In an effort to help determine the purpose of your resource requests for proper routing, when entering the title of the mission, please start the title with the following acronyms if applicable: ⓘ

Title* ⓘ

Purpose* ⓘ

Mission Entity*

Lifeline* ⓘ

Is this a Mission supporting Vaccines? *

Sites Supported

Description* ⓘ
(describe what you're trying to accomplish)

Is this a Resource? ⓘ Check this box if this mission is a resource.

Date/Time Needed

Outage Date

Location / Delivery Information

Address

Region/Country*

Address

Street / City / FL

ZIP

Delivery Instructions

Do You have a Warehouse? N/A

Do you have a loading dock? N/A

Do You have a Forklift/Dock Equipment? N/A

Can you accept a 53ft trailer? N/A

If so, how many?

On-Scene Point of Contact

Name*

Phone*

Alt Phone

Email

Contact Information

Primary

Name*

Phone*

Alt Phone

Email*

Secondary

Name

Phone

Alt Phone

Email

Mission Authorization

Authorized Representative's Name*

Authorized Representative's Title*

Authorized Representative's Email*

Authorized Representative's Phone*

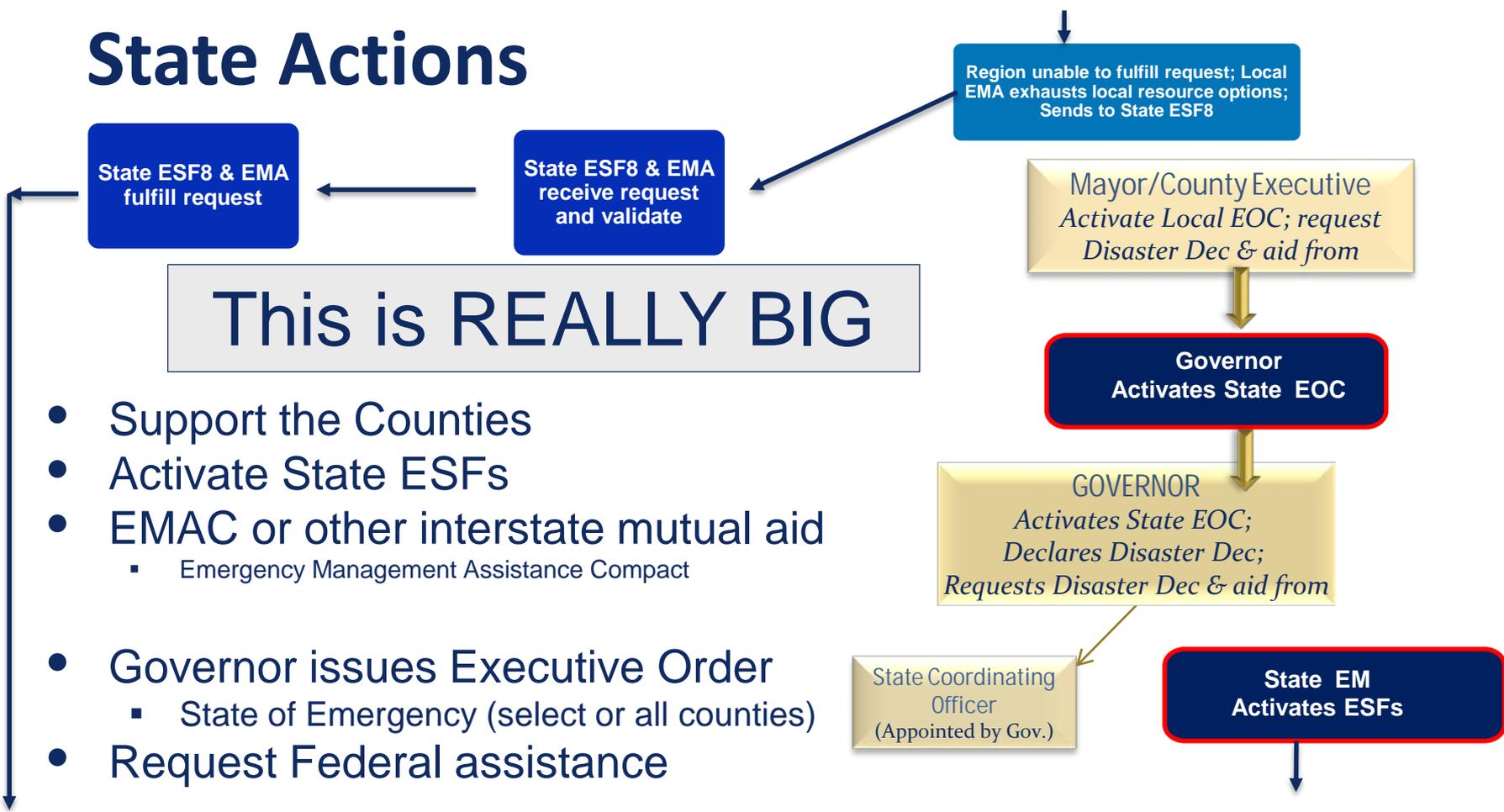
By checking this box, I am authorized by authorizing representative to input and obligate funds for this mission

Healthcare Coalitions

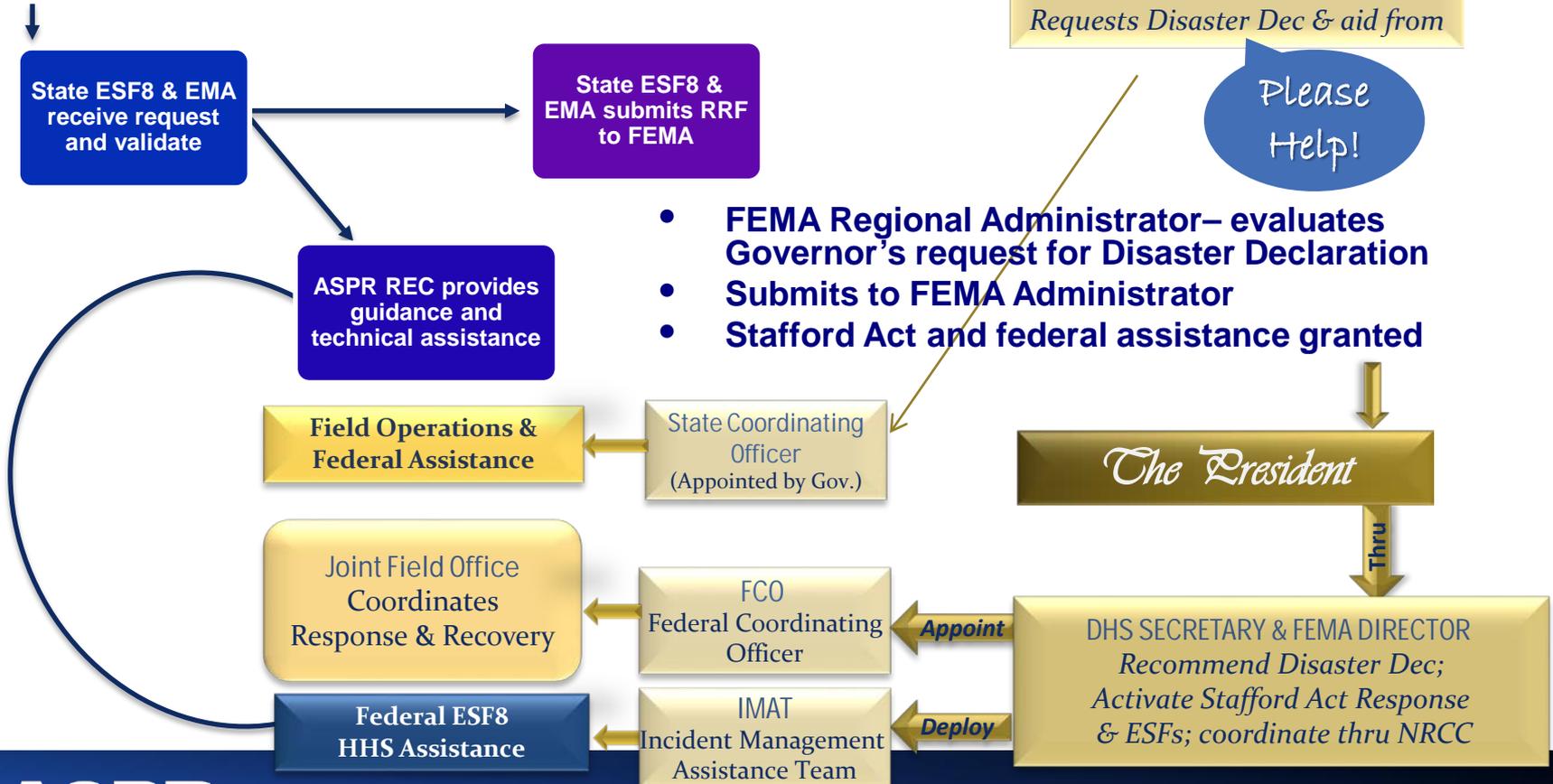
- Provide critical role in developing healthcare system preparedness and response capabilities
- Serve as multiagency coordinating groups that support and integrate with ESF-8 activities in jurisdictional incident command systems (ICS)
- Multidisciplinary
 - individual healthcare and response organizations
(e.g., hospitals emergency medical services (EMS), long term care facilities, dialysis units)
 - emergency management organizations
 - public health agencies
- Defined geographic location

<https://files.asprtracie.hhs.gov/documents/aspr-tracie-general-overview-hccs.pdf>

State Actions



State/Federal Actions



- FEMA Regional Administrator– evaluates Governor’s request for Disaster Declaration
- Submits to FEMA Administrator
- Stafford Act and federal assistance granted

Please Help!

Incident Management in the Field

State & Federal Coordination through a Unified Coordination Group

Joint Field Office (JFO)

Primary Federal incident management facility.

Unified Coordination Group (UCG)

Federal and State representatives that lead JFO.

Federal Coordinating Officer (FCO)

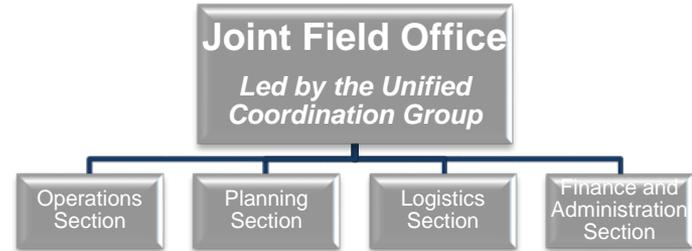
Appointed by President to coordinate Federal support, member of the UCG.

State Coordinating Officer (SCO)

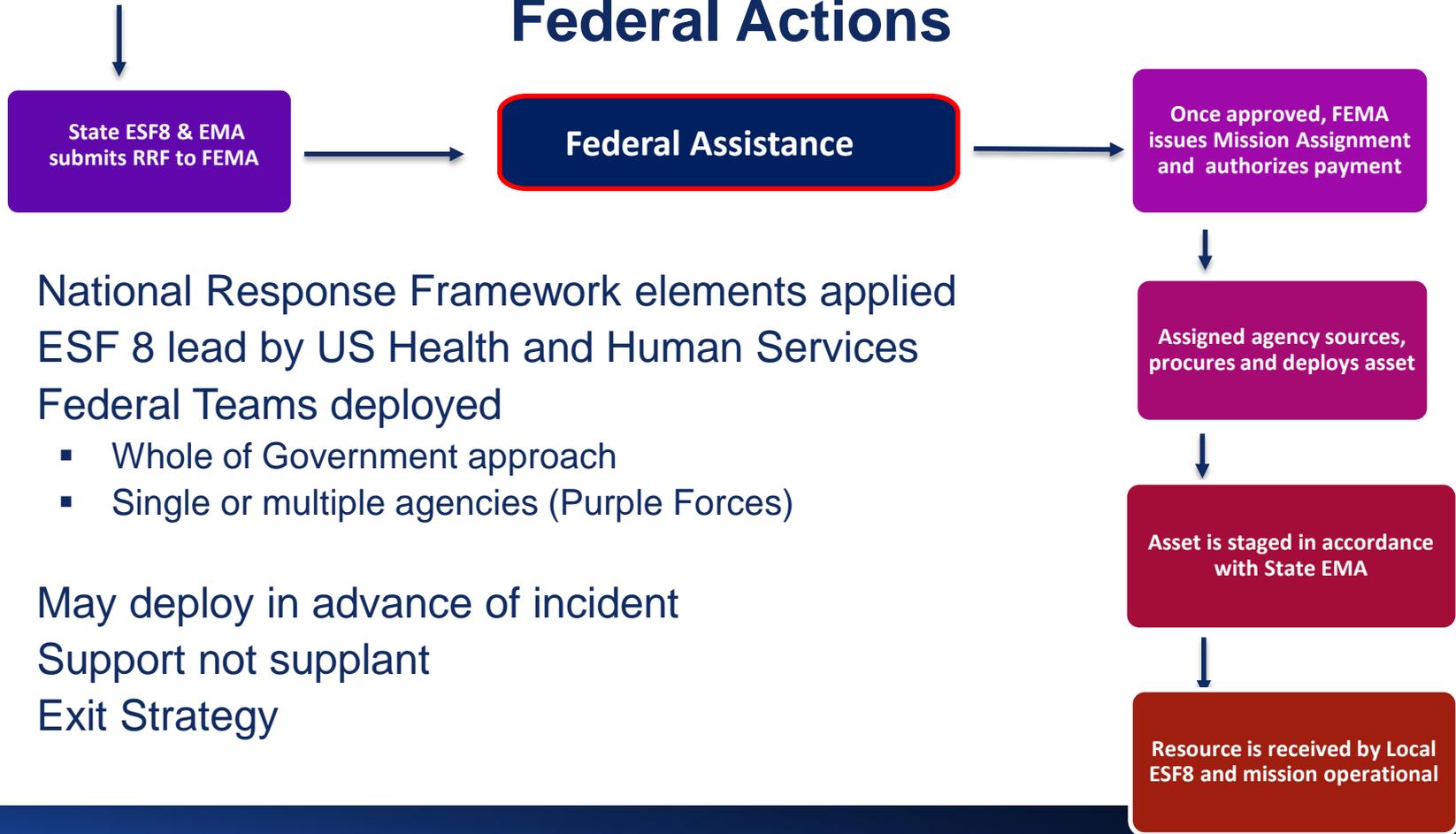
Works with FCO to establish response priorities.

Emergency Support Functions (ESF)

Coordinate response support from across Federal government.



Federal Actions



- National Response Framework elements applied
- ESF 8 lead by US Health and Human Services
- Federal Teams deployed
 - Whole of Government approach
 - Single or multiple agencies (Purple Forces)
- May deploy in advance of incident
- Support not supplant
- Exit Strategy

Federal ESF-8

Lead Agency: US Department of Health & Human Services

Supporting Departments and Agencies:

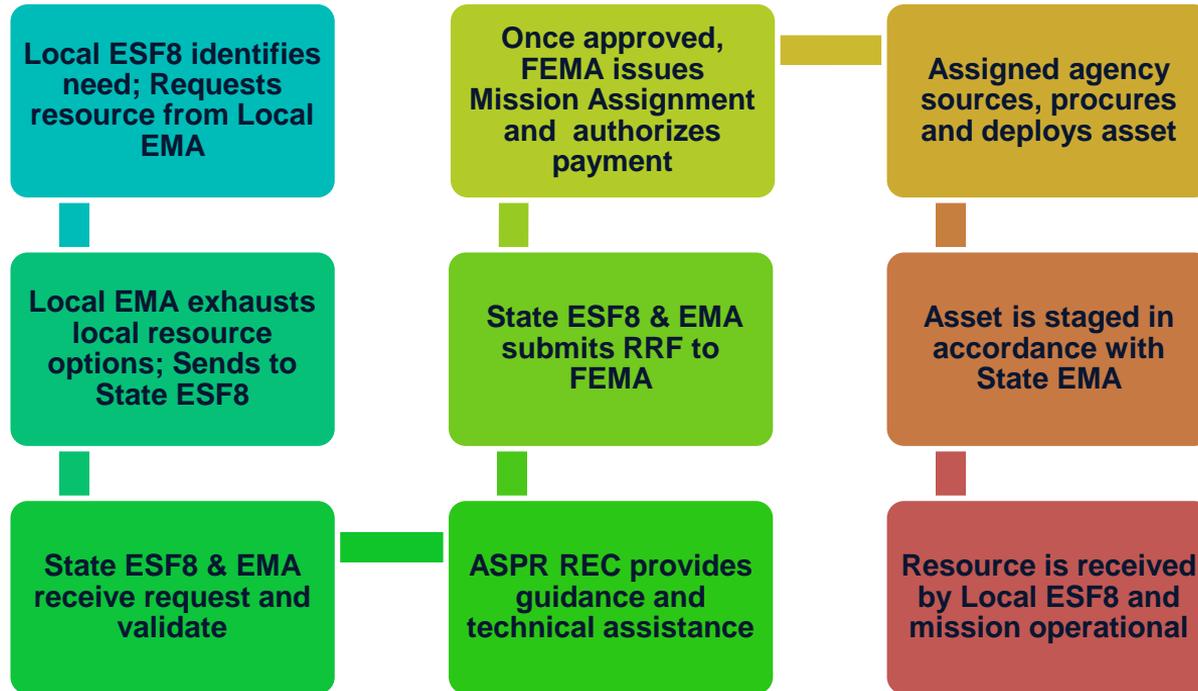
- Homeland Security
- Veterans Affairs
- Defense
- Transportation
- Agriculture
- Energy
- Justice
- Environmental Protection Agency
- General Services Administration
- American Red Cross
- National Communications System
- Office of U.S. Foreign Disaster Assistance
- U.S. Postal Service

Federal ESF 8 Assistance

- Types of support
 - Federal support to States
 - Federal-to-Federal support Federal Operational Support (FOS)
 - Federal-to-Tribal support

- Provided during declared disasters and emergencies under the Stafford Act, non-Stafford Act incidents and Public Health Emergencies

The ESF8 Request Process



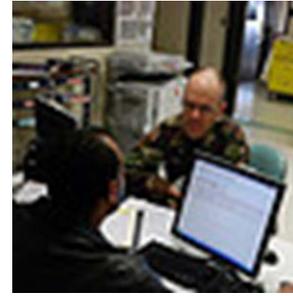
Federal Triggers for Assistance

- Situational Awareness – SEOC/SHOC activations
- Request from State
 - Local, regional, state have been utilized
 - EMAC resources have been exhausted
- Catastrophic Incident

- What is going on, what do you have in the fight, and what do you need
- Define the mission – we will choose the skill mix
- Support and assist – we do not take over; all disasters are local
- Give you help where YOU need it

What We Bring

- Structure
 - Command and Control
 - Technical Assistance
- Personnel
 - Public Health Specialists
 - Medical Specialists
 - Veterinary Specialists
 - Mortuary Specialists
- Equipment
 - Hospitals, Clinics, Lab, Pharmacy, Ventilators
 - Communications



Questions



Contact Information

Jeanne Eckes-Roper, RN, MBA

Nurse Consultant/Regional Emergency Coordinator - Region IV

US Dept. of Health & Human Services

Office of the Assistant Secretary for Preparedness & Response

61 Forsyth St. SW, Suite 5B95

Atlanta, GA 30303

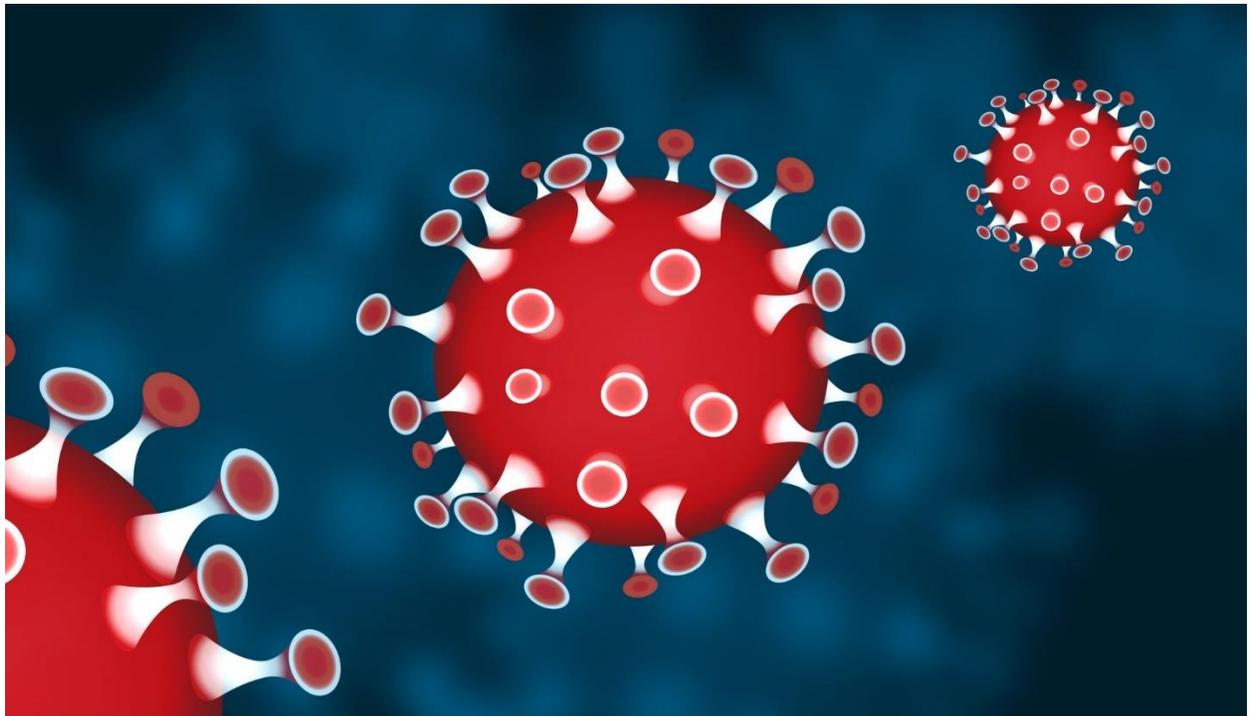
cell: 404.772.9701

email: jeanne.eckes@hhs.gov

THANK YOU

COVID

Psychological Recovery Kit



*How to move through the pandemic with
Hope, Endurance, Wisdom and Resilience*

By Dwight Bain

Table of Contents

1. Covid 19 mental health timeline
2. How does COVID-19 anxiety affect children. *Strategies for parents, teachers, and caregivers to manage hidden stress affecting kids during coronavirus lockdown*
3. COVID lockdown got you down? – *How six tiny accomplishments unlock psychological energy to get life going again*
4. Drowning in coronavirus grief and loss? *Surviving the eight types of pandemic sadness to feel strong again*
5. Spark resilience and mental wellness during COVID lock down with 21 questions that connect at a deeper level than just asking “*How are you doing*”
6. Why take mental health seriously during the pandemic? *Because mental toughness and resiliency require it*
7. Worried holidays will be ruined by arguments about politics? *20 strategies to build unity using healing topics designed to block political conflict*
8. COVID panic could destroy your immunity and health. *Here how most will make it worse and how a few will make out of pandemic stronger*
9. If you catch COVID-19 who will care for your family? *Aggressive self-care is key to manage your own stress, so you have strength to care for yourself and others*
10. Back-to-School is creating extreme anxiety for students during the pandemic: *Here’s how to help your child cope. Strategies for parents, teachers, and counselors to manage traumatic stress facing students who are returning to school during the pandemic*
11. COVID Recession recovery – *how financial fears hurt your health and could cause slow suicide*
12. *Suffering alone from COVID stress? Acceptance may be the solution*
13. *Psychological benefits of pet ownership during a pandemic*
14. *How to develop mental toughness during the COVID-19 Crisis? Develop healing rituals of resiliency through self-care*
15. *“Normal” is a setting on your dryer – Post-COVID recovery is about Resiliency not normalcy*



Appendix

Of COVID recovery tools written during the Pandemic
(March 2020- June 2020)

- Pandemic Panic may be more dangerous than the Virus: *You can't stop global fear of a pandemic - but you can boost your immunity with proven psychological strategy*
- Parenting your aging parents through Coronavirus
How do you get aging parents to cooperate with taking coronavirus seriously when they don't think they are old?
- WWWD- what would Walt do about padlocked theme parks? An open letter to unemployed Disney Cast members
- Can Sports 'heal' Coronavirus Stress?
How the 2020 NFL Draft is the most important in US History

Chapter 1

COVID Mental Health Timeline and Recovery Projections

Everyone is going through a pandemic at the same time, facing the same risks.

Not everyone is managing it the same way

A Mental Health Timeline can provide insight about current and approaching challenges from the pandemic. Knowing what to expect can help in the decision-making process of how to wisely respond over the projected 18-month time frame of COVID-19.

Humans facing crisis can learn resiliency skills to recover with greater emotional strength when they know what to expect and are trained to respond. This crisis will end. Having a timeline can reduce stress through each of the three stages.

1. Active Disaster Phase: (March 2020 – June 2020)

- Continuous critical incident / life threatening situation
- Critical need for safety and preserving life by preventing exposure to virus, *(for self, coworkers, family, and extended family)*
- Surge of mental health challenges, panic, addictions, abuse, anxiety
- Lock down stress intensifies as people shelter in place for weeks.
- Isolation and intense loneliness grow during extended lock down
- Survival level of managing basic needs, *(water, food, medical, safe housing, toilet paper, disinfectant, hand sanitizer, face masks, gloves, utilities, medication)*
- Financial fears intensify as businesses and industries are shut down to prevent the spread
- Some businesses file for bankruptcy protection during the shut-down, others close permanently

- Community organizations find new ways to connect to serve the most vulnerable
- Gratitude for front line workers and first responders is openly expressed
- Adjusting to school / work schedules using technology
- Learning how to function beyond the risk of infection
- Survival decisions flow out of flight, fight, or freeze mindset. Some run into addictive behavior, others turn to aggression and some are too mentally drained to do anything. They feel numb from continual exposure to traumatic levels of stress
- Fear is intensified as more of '*normal life*' disappears into the unknown

"Oh no, what next?"

2. Recovery Phase: (July 2020 – December 2020)

- Society begins to reopen with required face masks, physical distancing, and limitations in populated areas like theme parks, convention centers and malls
- Building emotional pressure of complicated grief and loss from continuous change
- Psychological surge of emotion as new loss is experienced daily / weekly
- Adapting to the '*new normal*' by finding and building supports and coping skills
- Researching and gathering available resources to manage the mental health stress on self and family
- Decision making through filter of risk exposure about returning to school, college, work, church, or recreational activities
- Seeking connection through relationships without risk of infection
- Activities to experience life, (*biking or walking*) become preferred over activities to watch life, (*movies and TV*)
- Modified structure of former life patterns, routines & schedules are implemented during the end of summer and beginning of fall before the major holidays
- Community recovery flows out of community compassion and connected relationships, especially NGO's and the faith community
- Many choose to change careers seeking greater meaning in life
- Family and connected relationships will grow in importance over large group experiences with strangers
- New holiday traditions are created around use of protective gear

- Meaning as a source of motivation drives many decisions during the recovery period, (*relationships, career, finances, health*)

"Life may end tomorrow - I'm going to do what matters today"

3. Rebuilding Phase: (January 2021 – January 2022)

- Evolving process of personal responsible choice to flow into 'new reality'
- Face masks become a regular part of daily life beyond the pandemic
- Larger family traditions begin to return
- Security involves protection from exposure to virus at work/school
- Medical checkpoints become as common as TSA security checkpoints for travel and access to large group experiences
- Organizations adapt and adjust to safety protocols that allow for large group experiences (*sports, entertainment, Super Bowl*)
- Some become resilient in the face of continuous change, others stay overwhelmed
- Simplicity begins to replace complexity as more people digitally 'unplug'
- Healthy lifestyle to boost immunity to protect against disease becomes a priority that is openly discussed and sought (*physical-emotional-spiritual-relational-financial*)
- New appreciation for meaning in life. Spiritual values of serenity openly discussed
- Wellness and health become motivations beyond immediate gratification for pleasure
- Deeper relationships lead to deeper conversations about solving problems
- Mentally resilient individuals who have walked through the same disaster openly think of creative ways to solve major problems together
- Community values of compassion, kindness and connection expand
- Desire for a life that matters in relationships and in career
- Change to a better life is the driving force for many community decisions

"We survived this together and can build a better future together"

Chapter 2

How does COVID-19 Anxiety impact Children?

Strategies for parents, teachers, and caregivers to manage hidden stress affecting kids during coronavirus lockdown

Coronavirus is a serious threat that may not come to your home – your family may be spared the disease. Sheltering in place during community lockdown may protect you and your kids from the risk of infection. However, the pandemic impact will ripple out beyond physical health to financial reality and emotional overload. The most vulnerable populations are the very old and the very young. People are social distancing to protect the medical health of the very old. Parents and teachers need to understand the urgency to protect the mental health of themselves and the very young.

Children look to their parents for cues on how to relate to their world. When parents are highly stressed, their children feel stressed. Coronavirus can scare children now, which could create emotional problems for months or even years to come. If a child feels overwhelmed by a continual flow of sad or scary news, they don't understand it leads to confusion about how the world as they know it has changed. This is especially troubling with young children who don't have the life experience or vocabulary to tell the adults in their life what hurts. Talking about emotions is essential for mental health. Think of the wisdom given by Mister Rogers to children,

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.”

Bottled emotions don't go away, they either blow in toward emotional fears, or blow up into angry or acting out behavior. In older kids these fears can

lead to anxiety, depression or self-destructive behaviors like drugs, alcohol or even suicide. COVID-19 will go away. The Centers for Disease Control or World Health Organization will eventually find a vaccine, but untreated psychological damage won't go away and could go on for years. Parents and teachers need to know what to do to prevent that from happening now. Here's the first challenge.

Get down to the level of your child to gain perspective

Think about the life of a five-year-old this school year. Leaving mom and dad to go to school for the first time. Then getting used to sitting in a desk, lining up to go to the lunch or recess and then pick up line to answer the predictable question when they get into the van, *“what did you learn in school today?”* Now those patterns have stopped and these kids are back at home with parents who may be on emotional overload with working from home to keep a job, or fighting with each other about money or the frustration of not being able to manage all the details of a culture changing by the day.

A five-year-old doesn't know how to handle their parents being a *‘hot mess’*. Children can't speak up to say, *‘could you calm down?’* to their parents, so I will say it for them.

“Mommy and Daddy please calm down.”

Take a deep breath. Calm your anxious thoughts. Grab a pen and use this guide to figure out how to help you son or daughter manage the stress of this complex situation to be emotionally healthy. By the way – when you are calm and figuring out options, your kids will calm down and learn to do the same thing.

COVID-19 is complex for parents to understand. It can be a very difficult for small children to grasp, but helpful videos like the ones on PBS where Elmo teaches how to wash your hands to kill germs is a good place to start. Keep it simple with creative approaches about hand washing <https://www.cdc.gov/handwashing/videos.html> . Coronavirus is serious. Thousands of people will get sick and the overwhelming majority will get better by practicing daily hygiene. Start there. Children of every age can practice handwashing, covering coughs and sneezes, staying hydrated and

getting enough rest. These skills will keep them healthy now through lockdown and for the rest of their life.

What matters on Wall Street isn't as important as what happens on your street

Kids don't worry about global economic indicators because they don't understand global economy. They aren't supposed to be worried about global events because they are just kids. As parents you aren't supposed to be worried about global events because you can't control them. A parent's responsibility is to manage their home and children, not solve world problems. When your children see you as a caregiver modeling healthy behavior, they will begin to do the same. Children tend to do what children see.

Communities are on lock-down to stop the spread of the disease. That's a responsible way to flatten the curve as explained in this PBS video from <https://www.pbs.org/video/what-this-chart-actually-means-for-covid-19-ybsbtd/> .

It doesn't mean you have to stay in crisis response. Breathe and change perspective. You aren't *'stuck at home'* you are *'safe at home'*. You can connect as a family and get through this pandemic with emotional courage to stop confusion and chaos from entering your home. Take care of what you can, act responsible and let go of the rest. Worry about disease or recession won't help you or your children feel better. Work at wellness and your kids will feel better because you feel better.

Positive action as a family will get you through the lockdown. Schedules, routines, tasks, schoolwork, family game time and meal prep can connect your family in new ways. Take advantage of this time to draw close and have family dinner again. One of the most requested resources American citizens said they wanted more of was time. For a few weeks you and your family will have significant time. Make it count.

Give up fighting the toilet paper wars

Decide to focus on your family and home responsibilities first. Energy wasted on panic, *"we're all going to die!"* or blame, *"why didn't you buy more toilet paper?"* or regret, *"why didn't I go to school to be a doctor?"*, or

anger, “*your coughing is going to get us all killed!*” is wasted energy for parents and can be confusing to kids. The ultimate example are moms and dad who may be expressing anger at God, even if they didn’t believe in God before. “*Why would God do this to me?*” ... is not the kind of question that will change your circumstances and distracts you from working on making your home a safe and emotionally secure place.

Focus energy on an empowering question, ‘*What can we do about the situation we are in? What can we do to keep the kids safe?*’ Moving from wasted energy to creative change is crucial for parents during COVID-19. Part of this can be reaching out to other parents, Facebook supports, Zoom or YouTube sessions on how to teach your kids algebra at home. There are free resources on almost anything you can think of. Give up the fear and grab hold of new skills to grow through this global experience. Courage to change and creativity is in abundance when you change perspective.

Check out creative ways parents and kids are connecting during lockdown)- <https://www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#7e0ee7d574a4>

Shelter at home isn’t easy, but it is manageable with a plan. Time moves. Time never stands still. Weeks at home will zoom by with no measurable progress if you don’t have a schedule designed toward purposeful activities. Kids feel afraid if they see their caregivers afraid. Take a breath and begin to map out a daily schedule, 6 days on/ one rest day off, for the children and adults in your home. It’s normal to feel scared, because nothing like this has ever happened in our country.

While it’s normal to feel scared, it becomes unhealthy when people stay idle and silent. Break down the word emotion and you have E-MOTION... get moving as you work your plans and watch how your kids perk up with positive energy. Harvard’s Dr. Richard Weissbourd describes it this way,

“children are more distressed when parents appear helpless and passive, and more comfortable when parents are taking action.”

You will always miss what you are not trained to see

Traumatic situations create traumatic emotions – that’s normal for adults and kids. Any event outside the usual realm of human experience which is

distressing can create helplessness, anxiety or panic. Traumatic stressors usually involve a perceived threat to one's physical safety or someone close to them. This is an intense psychological reaction to feeling threatened, which is completely normal.

Traumatic stress overwhelms coping mechanisms leaving children feeling out of control and helpless. Continual exposure to the trauma creates a survival reaction of being depleted, exhausted, or worse, self-destructive. Children experience traumatic stress differently based on age and maturity level as this guide will outline to help parents and teachers.

Here are the normal signs of emotional overload for children, or their caregivers.

Traumatic Stress Symptoms

- Intrusive fearful thoughts
- Anger, frustration, moodiness or continual irritation
- Sleeplessness or disturbing dreams
- Fear, anxiety or panic
- Poor concentration or difficulty remembering the most basic of tasks
- Indecision or second guessing every decision
- Inability to embrace complex concepts
- Detachment or emotional numbness
- Hyper-vigilance of danger, for instance when someone sneezes
- Hopelessness, dread or self-destructive thoughts
- Sadness or continual waves of grief (lost graduations and prom)
- Inability to listen to instruction, or emotional distancing
- Chronic exhaustion or energy loss
- Physical aches or muscle pain, (*usually from an unidentified source*)
- Minimizing the severity of the situation, especially among older adolescents

Think about you, your child or partner as you reviewed the list of normal stress reactions. It is likely many of the people you know have some of these symptoms, because they are normal in a time of crisis. The goal is to normalize and calm emotions to make them more manageable for both parents and kids.

Stay realistic.

When children are feeling confused, highly anxious or emotionally numb, their ability to think creatively to do schoolwork at home will be impaired.

Adjust expectations about school performance accordingly to focus on their emotional ability to cope. Until their brains are working better by learning how to control their emotions, they might not be able to retain much new information.

How to Help Children during Coronavirus Lockdown

- Ask how they are managing the stress. Listen carefully and compassionately
- Spend time with your children in the same room, it's more comforting to be together than alone and isolated during lockdown
- Offer a listening ear of support, comfort and encouraging words which can help even the most introverted of children
- Allow your children to reach out to text or call their friends or classmates they haven't heard from since the lockdown
- Reassure they are safe once stability can be assured as the family is fully practicing CDC.gov or Coronavirus.gov protocols on physical and medical safety
- Guide your children in taking on additional household responsibilities and everyday tasks. Explain you cannot become 'super-parent' and need their help. Even a very young child can do something to help. (*example would be putting their own laundry in the laundry basket or learning how to fold towels to help mom or drying dishes with dad*).
- Avoid taking their moodiness or frustration personally; crisis brings out the best or the worst in children, parents, partners and other family members. Give a lot of grace, since we will all need a lot of grace during this period of lockdown.
- Skip judging other people on how they parent or what they allow their children to do – while you stand firm on hygiene and social distancing protocols. Safety first
- Show compassion on families who may have family testing positive for COVID-19. Share your concern, assure of your prayers and teach your children to pray for others we cannot go immediately help

- Learn to accept frustration as part of the process instead of trying to 'fix' people to do things your way. Controlling others doesn't work and creates more frustration
- Encourage family members to '*check-in*' to share feelings frequently and then ask about each other's wellbeing emotionally and physically each day
- Access mental health resources online or via telehealth to guide your family through the surge of stress everyone is feeling. Allowing emotions to flow will prevent emotions blowing up in rage, or blowing into resentment or self-destruction
- Encourage all family members to monitor and discuss stress overload and to keep the conversation moving forward toward emotional coping skills which build resiliency
- No one gets through crisis alone, especially children. Reassure that traumatic emotions are normal reactions to an abnormal situation like coronavirus lockdowns
- Talking through the elevated stress is essential; remember if you can talk through it, you can get through it

Sometimes parents need help identifying stress in children or adolescents. Here are the signs of stress in children, based on age, who have experienced major crisis.

INFANTS AND TODDLERS

- Regression of sleeping, toilet training or eating; slowing down in the mastery of new skills
- Sleep disturbances (*difficulty going to sleep; frequently waking*)
- Difficulty leaving parent, extreme clinginess
- General crankiness, temper tantrums, crying

3-5 YEARS

- Regression-returning to security blankets/discarded toys, lapses in toilet training, thumb sucking or other age inappropriate behavior
- Immature grasp of what has happened; bewildered; making up fantasy stories
- Blaming themselves and feeling guilty about how the crisis affected their family

- Bedtime anxiety; fitful/fretful sleep; frequent waking or chronic worrying
- Fear of being abandoned by parents or parents dying from coronavirus, clinginess increases as child feels unsafe
- Greater irritability, aggression, or temper tantrums, especially from previously quiet children

6-8 YEARS

- Pervasive sadness: especially when they perceive feelings of being abandoned, or fear of loss of both parents or siblings to the disease
- Crying and sobbing can be a common reaction, and sometimes a healing one to release fears. Once they cry it out, some children may be able to talk it out. This is the stage where children start to understand about their own death, so some kids may focus on a cough as indicator of the reality that their body may be sick.
- Talk about their fears, let them express, then visit trusted sources like www.Coronavirus.gov to see actual facts to read through and reduce fears together.
- Afraid of the world ending, or watching their parents die, or their worst fears coming true, this “catastrophizing” is based on fears, not facts. Shatter that fear by showing the steps you are taking as a parent to stay healthy to not contract the disease and how this will protect the entire family through the lockdown
- Fantasies that the coronavirus never happened, and things will *‘just go back to normal’* like waking up out of a bad dream
- May become overactive or act irresponsibly to avoid thinking about stressful issues, acting disrespectful, rude and hateful are other indicators
- Feel ashamed of the crisis; or feel they are different from other children because of how your family may be taking coronavirus lockdown more seriously than others, while their friends on Instagram seem to be going on with *‘life as normal’*

ADOLESCENTS:

- Feeling isolated and lonely, separation anxiety increases in kids with other major losses like graduation, prom or the hope of living away from home at college with so many shut down or going to online only

- Major loss, such as losing contact with their peer group through school, sports, fine arts, drama or band and perhaps losing contact with their friend group forever due to job relocation of parents. Students may never see some of these peers again
- Fear loss of stability and security from parents leaving them or parents not available to them because parents are caught up in their own stressful financial career or relationship problems
- Feel hurried to achieve independence, which sometimes is driven by the desire to escape parents' crisis or financial situation
- Loss of identity for teens who tended to over-achieve academically, in sports or extra-curriculars. These kids may start to feel deep sadness as if they are losing a part of who they are. While your child may not have been headed to the Olympics or Final Four; those events being cancelled may cause some kids to feel like their career dreams has been shattered
- Worry about their own financial future by being laid off from a job, not finding a job, not having the money to go to college
- Preoccupied with guilt over how they must step up to help their parents manage the financial survival of a pending recession
- Chronic fatigue: difficulty concentrating, physical complaints like chronic headaches, backaches, stomach aches may indicate stuffed emotions are triggering very real physical pain
- Feeling deep grief and loss, while not knowing how to mourn loss caused by COVID-19 as they begin to understand the world can be a dangerous and unpredictable place

Strategies to help stressed children by age

Children look to their parents for support and encouragement during any crisis.

The following is a guide to help parents, caregivers and teachers manage the flood of emotions that may come up during coronavirus lockdown.

Ages birth to 6

Children under the age of six do not need additional exposure to major traumatic events. Children of this age draw their emotional support from parents. When parents or guardians feel safe and secure, the children will feel emotionally secure as well. Parents should speak about home life around children instead of topics such as disease, stock markets or other

bad things that happen in the world. Modeling calm and compassion with *"let's pray for families who have sickness in their home,"* and then going about the normal schedule with the news or financial media turned off. When parents can maintain a sense of calmness, small children will feel safe and secure. They might seem almost as if nothing bad has happened to them, because in their world the important things, *(you and their family)* are stable and safe.

Ages 6 to 12

Children of this age are more aware of the world around them, yet still need moms and dads to shield them from most of the bad news. If your kids can't spell Zimbabwe or find it on a map, then direct their thoughts back to the part of the world where they live. News media stories may be confusing to children beginning to understand geography. They need knowledge of where the seven continents are balanced with their own responsibilities in their own country, state or city. Limited exposure to the media is not dangerous because it can open discussions about insecurities your child may be feeling.

Television specials, like the one hosted by Kristen Bell on Nickelodeon can be a great conversation starter to open important health topics. Talking is encouraged for this age group, journaling, expressing emotions, or even writing letters to emergency workers to thank them for helping victims is a positive use of energy.

Drawing pictures allows for healthy emotional expression and can be a powerful coping skill for adults and kids.

Social distancing outside the home is essential, but you can still hug your kids! Physical touch can bring security to a child. Also remember to have special times of prayer as they learn to give up their worries to God. These steps help children better deal with their fears about bad things that happen in the world as they learn how to sort through new experiences with the support of their family.

Ages 12 to 18

Adolescents have their own impressions of crisis events, in part shaped by their peers or social media connections. The older they are, the more likely they will have strong opinions, and it is healthy for them to process their feelings with friends.

Expression should be balanced with family, teachers, clergy or counselors since negative peer pressure can lead to irresponsible behavior. This group may need some time to verbally process how they feel about what happened. Special emphasis should be placed on helping them talk through the issues and not stay isolated from family. Asking how they are managing the stress and what they think might help others in the family could be a good place to start a respectful conversation about being part of a family facing crisis together.

Silence or withdrawal is a serious warning sign the crisis events of the past few weeks have been internalized. Strict limits on news or social media is essential to prevent anxiety or panic levels from rising exponentially from negative media overload. This group may feel the most pressure to escape reality with mind-altering drugs, alcohol, sexual acting out, criminal activity or suicidal actions. Talk openly if you are worried about your teen's behavior with love and compassion.

Reassure them the family can get through this challenging time better together. Escaping or giving up on living doesn't take the stress and fear go away. Keep the conversation going with the help of national suicide hotlines, which are well staffed to help you and your son or daughter.

(Every country has suicide hotlines available. They are free and confidential and easy to find

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)

Dangerous Warning Signs

This final category maps out indicators of traumatic stress which are beginning to overwhelm the individual and creating a risk to their health. The longer the traumatic stress symptoms occur, the greater the negative impact on the child or caregiver. This does not imply craziness or weakness rather it indicates that the emotions are too powerful for them to manage by themselves.

Completely normal, but it can make a person feel powerless, as if they are drowning in their emotions and does require someone else to help them, such as an emotional lifeguard. Children or caregivers who display more than a few of the following stress symptoms may need additional help dealing with the events surrounding coronavirus lockdown. They should seek the appropriate medical or psychological assistance.



Thankfully dozens of trusted resources are available to educate and equip parents and teachers on helping children negatively impacted by trauma.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html

Physical:

Chills, thirst, fatigue, nausea, fainting, vomiting, dizziness, weakness, chest pain, headaches, elevated blood pressure, rapid heart rate, muscle tremors, difficulty breathing, shock symptoms, etc.

Emotional:

Fear, guilt, grief, panic, denial, anxiety, irritability, depression, apprehension, emotional shock, feeling overwhelmed, loss of emotional control, etc.

Cognitive:

Confusion, nightmares, uncertainty, hyper-vigilance, suspiciousness, intrusive images, poor problem solving, poor abstract thinking, poor attention/memory and concentration, disorientation of time, places or people, difficulty identifying objects or students, heightened or lowered alertness, etc.

Behavioral:

Withdrawal, antisocial acts, inability to rest, intensified pacing, erratic movements, changes in social activity, changes in speech patterns, loss of or increase of appetite, experimentation with sexuality, substances, pornography or online gambling for older children.

When in doubt about your children's medical or mental health needs contact a trusted family member, a physician or certified mental health professional. Remember there are caring people who can help you and your children. You do not have to go through a crisis alone, but you do need to reach out for help. COVID-19 lockdown has not limited access to therapists, counselors, social workers, psychologists or clergy. Children and parents

must actively deal with negative emotions now to move past the stress of coronavirus lockdown and find strength to cope with the challenges ahead. Good news – there are many groups available to help you figure it out.

Growing up can be scary, but generations of children grew through global challenges in the past like the great depression and became disciplined and resilient. This generation of children could become mentally and spiritually stronger because of COVID-19. Courageous parenting will create courageous children. That could become the greatest gift to our culture. Disciplined students who have learned how to manage themselves with responsibility and gained skills on how to help others. That might be the brave new world we need, and it will be filled with confident young adults who learned how to cope by watching their parents lean into the coronavirus challenge.

Talk through it to get through it

This guide can get you started on how to open conversations that will help your children manage the stress of a global pandemic. Learning how to manage emotions in this crisis can prepare your kids to manage any crisis. Teaching them to talk through issues is strategic for them to explore options and keep moving forward in their life.

Spark creativity with regular conversations about managing stress and pressure by discussing issues like these with your children in age appropriate ways.

- What are you worried about or afraid of since the coronavirus lockdown began?
- How is our family affected by the coronavirus?
- Talk about what was important to you before the COVID-19 pandemic and how those core values may have changed or gotten stronger since the lockdown began.
- What will our family look like five years after the coronavirus has been solved with a vaccine?

- Express how grateful you are for each member of the family, what you admire or love about them. Share your heart with your children and watch how quickly they learn to share their deepest emotions with you.

Coronavirus can connect your family in new ways during the lockdown. Family dinner conversations can go deeper into conversations that will build mental wellness and resiliency.

To quote Charles Dickens, *“It was the best of times. It was the worst of times.”* It is the same for your family. This can be the best or worst of times, – that choice is up to you.

Chapter 3

COVID Lockdown got you down?

How 6 tiny accomplishments unlock psychological energy to get life going again

“Trapped in prison,” is how one person described COVID lock down for a month, and they were correct. If you mentally believe you are in jail during the shelter in place process of flattening the coronavirus curve your brain will respond in kind. If you feel trapped by the recommendations of the CDC to stay home, expect to feel isolation, anger, anxiety, panic, desperation, lethargy, apathy, or a total loss of motivation.

Do you know what happens when you do the opposite?

When you look at shelter in place as a chance to ‘strengthen in place?’ The lessons may surprise you and the application may change you and your family for good after the lock down is lifted because there is a powerful shift that happens when you change your perspective.

Consider Nelson Mandela, who was the leader of ending apartheid in South African. He was locked up over his beliefs and imprisoned 27 years, 18 of those years at the Robben Island Prison, a place of unspeakable hostilities. He was locked into a small jail cell, without a bed or toilet and forced to do hard labor. He could only write or receive a letter twice per year and have a social contact with a visitor for thirty minutes per year.

Did it crush him? Nope. It did the opposite, locked down on the outside unleashed a creative giant for Mandela on the inside. He grew in resilience and mental focus. He became more motivated than ever to end apartheid. What was his secret?

Use Lock Down to unlock your potential

If you view being locked down as a personal attack against you, expect crushing emotions, anxiety, loneliness, and perhaps even anger. Realize the universe is not trying to attack you – in fact, it is not about you at all. It is about facing the circumstances and finding other options.

You do not have to ever feel trapped in prison again because you have a choice. Nelson Mandela was forced into horrendous circumstances, yet developed daily disciplines, mental focus, and patterns of behavior. He rehearsed quotes, scriptures, and affirmations that he had learned as a child. He did not sit idle; rather, he faced the hostilities with inner strength by staying mentally focused and that is why he came out stronger. It's like the old saying,

“Two men looked through prison bars, one saw the mud, the other saw the stars.”

If you think comparing your situation to a Nobel Peace Prize winner is not accurate, think again. You are the most important person in the world to someone and your example will make all the difference to them. It may be your children, a sibling, your coworkers, or neighbors because your influence is greater than you think.

Unlocked doors can expose gaps to address

When the doors are unlocked, and you can go out again will you be coming out stronger or more stressed? Have you gained new skills, or just gained a new appreciation for people who care for tigers? There is a hidden source of psychological power that flows out of accomplishing small goals. Every step you take to gain new life skills is a step toward greater confidence and self-

worth. That is how it is possible to come out of lock down stronger than when it started.

Being locked up blocks motivation but feeling you have been given the gift of more time to work on you does the opposite – it is a source of energy. As you take small steps in the right direction it moves you away from the stress and panic many people are feeling during coronavirus shelter in place.

How to shatter COVID lock down stress? Simple, learn new skills. Play against the computer in chess, sew your own DIY facemask, make useful household items out of paper towel rolls from www.pinkwhen.com or take an online cooking class.

Give yourself some grace when learning new skills because you will not do it very well, but that's not the goal – the goal is to start something new to build mental resilience and personal confidence and start sooner than later.

Normal died during the birth of a new Reality

Coronavirus took away a lot of what we considered normal in life. Going to the movies, visiting a theme park, or meeting friends at a restaurant. These activities are gone for a while and may leave feelings of deep loss. It was like the word “Normal” died on Marcy 11, 2020 when the World Health Organization declared a global pandemic named COVID-19.

If you have studied the teaching of the Swiss American psychiatrist Elizabeth Kubler-Ross you may have heard of her five stages of grief. They are denial, anger, bargaining, depression and finally acceptance.

While the stages are not like walking down a series of stair steps, in that you may flow in or out of different ones during this crisis, breaking out of mental lock down does require moving through them. Sometimes the way to speed that process is by learning something new on your way to fully accepting life on the other side of loss.

Small accomplishments give you inner strength

Harvard Business School studied how tiny accomplishments affected mood and motivation. The results of tracking 12,000 journal entries from 238

people were fascinating. The more individuals learned a tiny skill, and then wrote it down, the more their confidence was boosted. You can leverage that confidence to stay motivated on tasks that will help you during and after the coronavirus lock down. A tiny 'win' triggers the reward center of our brains which opens neurological pathways that boost self-confidence and personal pride.

The more you practice these tiny rituals, the more energy you will feel. The dopamine boost will make you feel better while boosting your ability to tackle more challenging tasks. Since COVID brings many challenges – the more energy you have the better you can handle whatever problems you may be facing the next few months.

Remember – you are not celebrating a huge achievement. You are celebrating the energy you will gain from crafting new habits out of tiny behavioral changes. The more you accomplish, the more power you create. Track your progress with your smart phone or using a habit tracker such as www.Coach.me to reinforce your progress.

Here are small steps to boost energy during extended times at home from COVID shelter in place.

1. Personal hygiene

As simple as taking a shower or brushing your teeth sounds, it is rooted in the care of your body. You are worth keeping clean and refreshed, even if you have no place to go. As you make personal grooming and hygiene part of your routine, the easier it will be to find energy for the other tasks. Once you feel cleaned up then make sure to dress up a bit. Wearing the same pair of sweatpants for weeks will not brighten your mood. If you are working from home your focus is always better if you dressed like you were going in to work – (*especially pants*). Discipline with the small tasks gives you energy for the bigger ones.

2. Make up your bed

Yep, if you can practice a tiny habit first thing in the morning, you gain strength for the next task. Getting out of bed, (hopefully on the first alarm), means you are getting up to face the day. It takes courage to get up some

days, but once your eyes are open and your feet hit the floor you will start to feel a tiny bit better. Breathe deep, stand up and pull those covers back over the pillows. Usually the bed is the largest thing in your room, so when it is made up – the room automatically looks better – another win!

3. Healthy nutrition and hydration

Yes it's lock down and yes, unless you are going to the grocery store often, or have an account with www.Instacart.com it's unlikely you have enough fresh produce. However, you can choose to make meals that are nutritious over trying to survive on Captain Crunch. Water over soda, balanced over junk food. Everyone knows the difference, but not everyone goes for the tiny win of pushing away empty calories to gain physical and mental strength.

Another small win is to learn to cook. There are multiple cooking programs on the Food Network or YouTube to show you the basics of your favorite meals. Watching Kristen Bell trying to make a balanced meal is entertaining as well as comforting since she giggles over the mistakes and gives a lot of grace. Feeling the connection with another busy mom creates some mental energy as well.

4. Clear the clutter

You don't have to Marie Kondo your whole house during a time of lock down, (*See her book for more on how to recapture emotional energy by simply removing clutter <https://konmari.com/>*) but cleaning up your closets or clearing out some still usable stuff to donate to the Salvation Army will make you feel better, and as your house looks less cluttered, you can think clearly. Think of how you feel when you walk into a resort hotel. It is refreshing to not have a ton of stuff scattered around.

Removing the clutter gives you a tiny accomplishment, and not replacing the clutter with more clutter will do even more. Simple is the pathway to remove stress. For an even bigger boost develop small systems for laundry, kitchen clean up and such. The more systems to keep your living space in order the more energy you will recapture.

5. Reach out for relationship

Isolation can lead to solitude or desperation. One is refreshing and peaceful; the other can lead to panic. Texting, FaceTime, Slack, Whatsapp, or just a plan or telephone call to check in will boost the mood of your friends while boosting yours as well. Emailing someone an inspirational or funny gif might brighten their day and make a bigger difference than you could imagine. Don't wait for others to reach out to you – start the conversation as a tiny accomplishment. Some people call friends while they walk, so it is a little like they are walking together to create stronger connection. Reaching out sparks energy for you and will bring encouragement to them.

6. Sunshine as medicine

A century ago, the simple use of sunshine was viewed as medicine for those feeling ill. The benefits of vitamin D are well known, but there are multiple studies that show the benefit of bright light to brighten mood.

Full spectrum lighting can do that during the winter months, but here in Florida get outside for a bit to see how much better you feel. Go for a walk, bike ride, yoga stretch, round of golf or take the dog out. Whatever you do in sunlight, coupled with simple exercise will boost your energy for hours. Energy you will need to tackle bigger problems that may arise during post-lockdown recovery.

How long it will take to fully recover from this stressful time is unclear leading some to feeling more and more pressure. Give up control of what you cannot control by seeking acceptance of the situation.

That is a proven step to feel stronger and it is so simple you can start first thing in the morning, just remember to make your bed.

Chapter 4

Drowning in Coronavirus Grief and Loss?

Surviving the 8 types of pandemic sadness to feel strong again

It is difficult to describe the many losses attached to COVID-19.

Some lost loved ones. Some lost financial stability.

Some lost graduations and family traditions.

Some lost homes. Some lost jobs.

Some lost hope. All lost something.

If you feel like you are drowning in a sea of grief you are not alone. COVID-19 shattered the word '*normal*' on March 11, 2020 when the World Health Organization declared a pandemic. Consider the numbers to understand the pain most American's are feeling.

- Over 1.6 million confirmed cases of COVID-19, and almost 100,000 deaths, (*as of 05/24/2020*)
- The highest levels of unemployment since the Great Depression, with 36 million Americans filing for unemployment, (*14.7% national unemployment rate*)

- Millions have lost their sense of normality, with social distancing and self-isolating as employees and students have been working from home or attending online school since March

You have heard of flattening the curve of medical symptoms from coronavirus, which has been effective due to extended lock downs. What you may not have heard is the surge of psychological symptoms which are building to dangerous levels. Everyone is facing traumatic stress from COVID-19 and for some the deep sadness and grief is overwhelming.

“We are in the middle of collective grief. We are all losing something now. There is a communal grief as we watch our work, health-care, education and economic systems — all of these systems we depend on — destabilize.”
- Sherry Cormier, PhD

In a crisis stress builds up until it blows up, which forces a person to seek help or stuff it inside and pretend it will go away. If you have been feeling traumatized, you are not alone. A national poll released by the American Psychiatric Association (APA), reveals the complexity of COVID-19 emotions.

- 48% are anxious about the possibility of getting coronavirus/COVID-19
- 40% are anxious about becoming seriously ill or dying from coronavirus
- 62% are anxious about the possibility of family and loved ones getting coronavirus.
- 36% say coronavirus is having a serious impact on their mental health
- 59% feel coronavirus is having a serious impact on their day-to-day lives.
- 57% are concerned the coronavirus will have a serious negative impact on their finances
- 48% are worried about running out of food, medicine, and/or supplies
- 68% fear the coronavirus will have a long-lasting impact on the economy.

Grief intensifies from multiplied loss

Psychological stress from pandemic starts small, like waves at the beach, which is why most do not think about it until an out of control flood of emotions is threatening to destroy everything good. Whatever grief you are facing, it is important to know the feelings triggered by traumatic stress do not just disappear, because this pandemic will go on for months creating wave after wave of catastrophic loss.

When life comes at you like a hurricane, small waves of stress become huge and cause you to feel like you are sinking. When daily life problems come one at a time most people have learned to handle it, but when problems are bunched together in clusters coming from a dozen different directions it can be terrifying. It can feel like you are emotionally drowning in a sea of sadness.

Sadness is not a sign of weakness – it is a sign of being human

Continual coronavirus pressure affects everybody just not in the same way. It is about feeling in control. People come out of lock down in one of two ways. Some will be rested or bored. Others will come out exhausted and depleted. If you have a good job, a good relationship, no student loan debt, and good income while working from home, the CDC.gov recommendations to shelter in place may have felt like an extended holiday. After binge watching Netflix for two months these people wonder why governmental leaders have not given the ‘*all-clear*’ to fully open-up theme parks, movie theaters and baseball.

However, if you lost your job and are trying to homeschool kids while caring for an aging parent, it may feel like you are on the battlefield every day. Losing money, losing a home or the fear of losing health while being isolated from friends can be devastating.

Traumatic loss from sudden and unexpected losses, (*like losing a job or testing positive for coronavirus*), affects our ability to function and make clear decisions. Mental ‘fog’ is not a sign of being weak – it is a sign of being human.

Consider the layers of traumatic loss created by this pandemic which can intensify pressure on you and your family.

8 Types of COVID-19 Loss

- 1) Loss of job or role from corporate downsizing or lay-off's
- 2) Financial insecurity or fears, feelings of failure over financial instability
- 3) Loss of self-control in body-care, addictive, or secret life issues, includes angry rage, impulse control issues or addictions like gambling and pornography
- 4) Loss of marriage, family, or other significant relationships
- 5) Loss of coworkers, classmates, teachers, or peers who will move away seeking employment, and perhaps never be in contact again
- 6) Lost dreams, hopes, plans, goals, and the desire for a comfortable retirement
- 7) Loss of motivation and drive from apathetic feelings of 'Who cares anymore'
- 8) Death- to lose loved ones from coronavirus, cancer, heart disease, accidents, domestic violence, overdose, or suicide.

How many types of pandemic loss have you experienced?

Who could you talk to about managing those feelings of loss before they grow larger?

Every loss creates stress and pressure. When these losses build up, you can feel overloaded with no hope. Every American is facing the loss of something which is why it is important to manage these powerful emotions now, so they do not overwhelm you like a tsunami wave of sadness in the days and weeks ahead.

“This crisis isn’t just shaking our faith... it’s upending our understanding of the world around us. The losses include our sense of predictability, control, justice, and the belief that we can protect our children or elderly loved ones.” - Robert Neimeyer, PhD, director of the Portland Institute for Loss and Transition

Someone who understands traumatic stress, grief and recovery is Sheryl Sandberg, Facebook COO, after losing her husband Dave. Since his death in 2015 she has become an advocate for pushing through the pain with what she and psychologist Adam Grant describe as “*Option B*”. When a family member died last month from complications of coronavirus, she released a series of COVID grief coping skills take our of her book about finding options through the grief process. <https://optionb.org/bookexcerpt>

Trauma shatters the sense of predictability and normalcy out of your life, but Sandberg discovered how to find the next best option by moving forward, one step at a time.

Action is healing. One of the things she learned to get through the toughest times was journaling. She describes the process of writing about circumstances outside of our control as a pathway to regain control of something.

- Writing about traumatic loss can decrease anxiety, anger, fear and worry.
- Releasing negative emotions on paper has been shown to boost immunity and increase mental resiliency in a person, giving them renewed energy to manage stress and grief.

Grief Journaling to Reduce Pressure

Psychologists agree journaling is a powerful way to reduce emotional pressure and is available to anyone (*small children can draw out their emotions, as their parents are writing down their answers*).

Work through the following questions or verbally discuss with a trusted friend. Talking through grief and loss of COVID-19 is an important step in the healing process. This exercise may spark feelings of deep sadness, or tears and that’s okay. Facing the loss is how to get through the loss. Some of these topics may be easy, others more challenging. The goal of facing and voicing or writing out what you lost will give you back some mental clarity and that is the pathway toward mental resiliency and strength.

1. *What is your happiest vacation memory before the year 2020?*
2. *What is most frustrating to you about the last six months?*
3. *Describe what you miss most since the pandemic began.*
4. *What possession or experience brings you joy?*
5. *Who spoke words of encouragement or voiced how they believed in you when growing up? (teacher, coach, grand-parent, or parent?)*
6. *What worries tend to keep you up at night these days?*
7. *What hobbies do you want to learn or experience? (playing an instrument, camping, cooking, crafts, or painting)*
8. *When do you feel the greatest sense of safety and comfort?*
9. *Describe what can make you laugh.*
10. *When do you feel the greatest sense of inner peace?*

Journaling is important to protect mental and physical health since the complicated grief from multiple losses associated with the coronavirus, or the economic recession can lead to a psychological condition called “*persistent complex bereavement disorder*”, by the American Psychiatric Association.

This condition is quite different from depression, even though some people mistakenly label it as such. Complicated grief is a condition resulting from a series of traumatic losses leaving a person feeling in shock and disbelief with persistent longing and deep sadness. Contrary to popular belief this condition does not get better with time, it gets worse.

COVID-19 has affected everyone psychologically, even though most have not been infected physically by the virus. Traumatic emotions can build up and increase the risk of substance abuse, sleep disorders, impaired immune functioning, and suicidal thinking according to the New England Journal of Medicine.

The risk to your health, and the health of those you love is quite real. Stuffed feelings of grief and loss do not stay bottled up forever. The pain comes out in aggressive, anxious, or impulsive behavior for some, and in others they are so affected it leads to a feeling of drowning in sadness with the desire to just give up.

It’s okay to not be okay

When life destroys your sense of ‘*normal*’ it takes away the feelings of being in control. Whatever you knew about life in your home, family, school, or community was shattered a few months ago, and for many that feeling of ‘*life as we know it*’ will never return.

To manage the intense pressure, it is important to regain control of something. Beyond journaling, begin to rebuild daily rituals. Get up at the same time, make your bed, take a shower, exercise, eat a nutritious breakfast, put on clothes as if you were going to work or school. The goal is not to get back to how you used to live – it’s to accept this is how you are living now.

The old way of doing things is gone and you can’t bring it back. However, you can learn to be in the moment and to manage today the best you can, which is all you ever actually have the power to do.

Breathe in faith. Breathe out fear.

This process is easier with the support of others, so to borrow wisdom from an old song you can learn to “*get by with a little help from my friends*”.

Learn to be grateful for the simplicity of family meals together without everyone staring at a screen or rushing out to go somewhere. Being together is comforting in a crisis. Speaking up about what you are experiencing is healing for you and for the people you are in relationship with, so create a daily ritual of talking, Facetiming, or texting out your feelings.

This experience helps you learn to flow with the emotions of grief and loss while helping those close to you share their emotions. You get stronger. They get stronger. Both of you are better for it. No one gets through a crisis alone.

E-Motion begins the Healing Process

Normal patterns during times of catastrophe allows your brain to return to a pre-crisis level of routine which is healing. On the days you feel overwhelmed by the sadness of loss it is important to do something healing.

Consider the word 'emotion' and take the 'e' away. Motion can improve mood, which is why a small action of physical self-care can rebuild a large degree of mental resilience.

Exercise, yoga, Pilates, biking, swimming, or walking are proven mood boosting activities to give you back a sense of inner strength.

Facing your hurts and loss may seem like a small step, but it is the most important start to move through grief caused by the pandemic. Voicing the hurt and loss by openly talking about what is causing pressure is powerful.

If you feel like you cannot talk to anyone about your problems, you can still draw, write, or pray about them.

COVID-19 is bringing higher levels of stress than any crisis event in modern times.

You can't get through this alone, so learn to reach out to people who can help, like friends, family, counselors, clergy, doctors, counselors or hotlines, (*many US cities offer a direct connection to social service agencies like the United Way by calling 211, which help with daily life pressures after a traumatic life experience*).

You might not be able to change your circumstances right now, but you can decide to take healing action before the pressure increases and negatively impacts your physical and mental health.

Finally, meditate on the words of grief researchers Elizabeth Kubler-Ross and John Kessler who wrote,

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal, and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to."

COVID-19 will end

This pandemic will be over at some point in the future and you will look back on this time with deep regret or with greater resilience. Some people

describe multiple losses as an ocean because you cannot stop the waves from crashing on the shore. While it is true the surf is continuous, it is also true you can learn to swim. COVID-19 will end.

The losses will begin to subside, and life will become what some are calling the new reality.

The choices you make to manage emotions will strengthen you through this crisis. Healthy choices to make the next right step in rebuilding after the loss will equip you with mental resilience for whatever the future holds.

This inner strength to choose your responses is how to gain strength and resilience. Choice is the one power you have when facing any loss because it allows you to flow with the emotions of major change and loss.

Swimming does not start with diving into the deep water. It starts with getting your feet wet and realizing you will not drown.

Managing major loss works the same way.

Take a breath and let yourself feel whatever the day is bringing.

In this complicated time learn to be simple.

Learn to rest. Learn to seek peace and share that peace with others. Remember everyone else is learning how to do the same.

Everyone is affected in some way – and not everyone will feel okay. As you become skilled in flowing with the feelings of grief and loss you will be able to notice others who may not be managing the stress very well. If you see them struggling gently share what you learned. You learned how to swim through the waves of loss, and with that strength you can now teach others.

Everyone lost something, but we do not have to lose each other and the sense of healing that grows best in community.

Chapter 5

Spark resilience and mental wellness during COVID lock down with 21 questions that connect at a deeper level than just asking

“How are you doing”

Build emotional strength and resilience by asking –

1. What are you doing to practice self-care and personal wellness today?
2. What benefits have you seen during this shut down? (*example, more family time*)
3. Besides toilet paper what items do you wish you had stocked up on?
4. Where do you want to go first when the shelter in place is lifted?
5. What books or online magazines have you been reading during the shutdown?
6. What streaming services have you used most? (*Netflix, Hulu, Sling, AppleTV, Amazon Prime or Disney+*)
7. How have you simplified your life during the lock down?
8. What habits have you been able to break during the extra time at home?
9. Have you picked up any bad habits during quarantine?
10. When you can safely attend public events after the lock down where will it be?
11. What parts of shelter in place have been the easiest to apply?
12. What parts of quarantine life will you keep in place after the lock down is lifted?
13. What do you miss most about life before COVID?

14. Which family member have you missed seeing the most during quarantine?
15. What act of kindness has impressed you the most?
16. What have you discovered you can live without?
17. What is hardest for you while sheltering in place? (*example isolation*)
18. Where do you find hope to keep going through this time of lock down?
19. What do you hope to remember about this time of global shut down?
20. How has the COVID shelter in place process changed you?
21. What topics are the hardest to talk about as lock down is ending? (*example financial fears, substance abuse or abusive relationships*)

Consider sharing a few of your own answers to spark conversations with your family and friends as you model the value of open conversations about COVID shelter in place. Story is a powerful force to build morale and courage for everyone.

When you talk through things you always get through them better. These questions require more disclosure as you get closer to the bottom of the page so start at the top and encourage others to share what was meaningful, or frustrating about lock down.

When you open conversations, it helps each person feel less stress and stay more engaged into the relationship. Covid recovery will be challenging for some, but to those who keep open lines of communication, their relationship will improve. Crisis can create connection when so start a conversation which may help someone find strength to move on.

“Next to creating a life the finest thing a man can do is save one.” – Abraham Lincoln

Chapter 6

Why take Mental Health Seriously during the pandemic? Because mental toughness and resiliency require it

Your total health matters, which includes physical/mental/social/spiritual spheres of life. Success requires strength in each of these areas, yet one of the most ignored and overlooked is mental health. Just as you would not ignore a broken bone, wisdom says one should not ignore a wounded soul. The body is interconnected which is why many practitioners now follow a holistic model of care connecting the body and soul and spirit.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”- World Health Organization

Wellness is the goal by creating total health in all categories since patients with chronic physical health problems are more likely to develop mental health problems.

One study done in England revealed a long-term physical condition increased the likelihood of developing a mental health problem seven times. This sadly leads to early death because two-thirds of people with serious mental health problems will die prematurely from a treatable physical health condition. It's a vicious cycle. Untreated mental health leads shorten life for many and the quality of life for more. That's why more and more people are talking about the need for mental health instead of mental illness, which is the most important first step toward total wellness.

Consider top sports celebrities like Olympic champion Michael Phelps or NBA legend Metta World Peace (*the former Ron Artest*) who are now speaking openly about the benefits of counseling. Add that to a growing number of respected film, television, radio and media professionals talking

about how they value their own mental health, and why they go to counseling to keep their life, relationships and career healthy.

Listen to the motivation of actor Kerry Washington in an interview with Glamour magazine,

"I think it's really important to take the stigma away from mental health. My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth. I go to the dentist. So why wouldn't I go to a shrink?"

Some of the most successful professionals point to the benefits of therapy in their personal journey

There are hundreds of celebrities who openly share about the benefits of counseling and therapy. Learning to find and then manage the inner pressure that blocks mental wellness through counseling has helped these professionals have better careers and more meaningful lives.

Celebrities like

Howard Stern, Will Smith, Jada Pinkett Smith, Michelle Obama, Brad Pitt, Larry King, Kate Middleton, Prince Harry, Lady Gaga, Beyoncé, Jay Z, J.K. Rowling, Dwayne 'the Rock' Johnson, Adele, Kristen Bell, Dax Shepard, Halle Berry, Gwyneth Paltrow, Emma Stone, James Franco, Ellen DeGeneres, Jennifer Aniston, Catherine Zeta-Jones, Selena Gomez, Ryan Reynolds, Mariah Carey, Katy Perry, Ariana Grande, Taylor Swift, Lele Pons, Camila Cabello, Justin Bieber, Demi Lovato, Jon Hamm, Brooke Shields, Pink, Emma Thompson, Kourtney Kardashian, Jennifer Garner, Taraji P. Henson, Tom Fletcher, Miley Cyrus, Glenn Close, Lena Dunham, Jared Padalecki, Kendall Jenner, Chrissy Teigen, Gina Rodriguez, Whitney Cummings, Lili Reinhart, Sarah Silverman, Kelly Rowland, Sadie Robertson, Ellie Goulding, Nicki Minaj, Amanda Seyfried, Ryan Phillippe, Winona Ryder, Zayn Malik, Zendaya, Kristen Stewart, Cara Delevingne, Camila Mendes, Neil Patrick Harris, David Burtka, Gabrielle Union, Dwyane Wade, Tori Spelling, Fergie, Josh Duhamel, Ali Wong, Justin Hakuta, Clark Gregg, Jayson Williams, Michael B. Jordan, Patrick Dempsey, Jillian Fink, Jessica Williams, Kristin Cavallari, Jay Cutler, Cameron Diaz, Benji Madden, Robin Dearden, Bryan Cranston, Kim Kardashian, Kanye West, Ben Affleck and many more are talking about

how counseling opened up new strategies over their stress, anxiety, OCD, depression, anger, panic, attention deficit disorder and relationship conflict.

Kerry Washington further explained in an interview with Essence magazine how she sought therapy to combat her binge-eating and exercise addiction, *"Learning how to love myself and my body is a lifelong process. I don't struggle the way I used to. Therapy helped me realize it's okay for me to communicate my feelings. Instead of literally stuffing them down with food, maybe it's okay for me to express myself."*

These successful athletes, actors, musicians, leaders, and media personalities go to counseling to build mental and emotional wellness for greater success in their professional careers and personal relationships. Their confidence flows out of greater mental strength and resilience over mental stress. Actively working on issues is how you can solve them, ignoring the building pressure inside can lead to mental disorders, mental illness, and mental diseases. Consider how common it is for Americans to struggle with mental pressures -

- One in every 5 adults experiences a mental health condition every year (20%)
- One in 17 lives with a serious mental illness like bipolar disorder
- For every person experiencing a mental illness, family, friends, employers, and communities are significantly affected (*multiplier effect*)
- 75% of mental health conditions develop by age 24

These sobering statistics led the Florida Department of Education and the Florida Legislature to implement mental and emotional health curriculum for all students, grades 6-12. The state educational leadership understood the benefits of identifying mental and emotional health factors early, it prevents a host of other health and behavioral problems in the teens and twenties. Just as early prevention and screening of physical conditions like blood pressure, cancer, diabetes and heart disease can protect physical health; the early screening of depression, anxiety, ADD, OCD, complex grief or trauma can lead to a better quality of life mentally for these students.

“Mental health is a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.”
- World Health Organization

Mental Health Hurts more than people – it affects the Economy

It has been said people do not quit jobs, they quit bosses. Research by Thriving at Work, (*Stevenson & Farmer, 2017*) support that thought, since staff turnover, reduced productivity and serious stress related sickness leading to multiple absences were related to mental/emotional working conditions.

They gave recommendations for all employers to strengthen their company’s productivity and profitability by simply building mental wellness programs into the work experience including:

1. Produce, implement and communicate a mental health at work plan
2. Develop mental health awareness among employees
3. Encourage open conversations about mental health and the support available when employees are struggling (*like EAP or counseling*)
4. Provide employees with good working conditions
5. Promote effective people management and communication skills
6. Routinely monitor employee mental health and wellness as a major goal of a successful workplace

This approach at work is an important step to remove the stigma of mental health since it’s common to call in sick for a physical illness like a cold or the flu. However, calling in sick for an anxiety attack, post-partum depression or PTSD flashback is another story. Employers are paying more attention to the need to have open conversations about mental and physical wellness for all employees since untreated emotional conditions can lead to chronic physical illnesses such as heart disease or diabetes and early death.

Sadly, untreated mental illness can lead to the increase of physical injury from self-destructive behaviors like substance abuse or suicide. Suicide is the tenth most common cause of death in the United States and second

most common of death for teens. Adolescents die more frequently from self-harm than cancer, heart-disease, respiratory illness, influenza, pneumonia, stroke, meningitis, diabetes, HIV, kidney, liver, and all other childhood diseases combined.

Celebrities, athletes, public schools, and other leaders are addressing mental health issues to confront these growing health concerns so others can follow their lead. So, what else can we do to create a path toward mental wellness and away from mental illness?

1. Start the conversation to remove any stigma of seeking mental health care
2. Educate about stress related illness and the risks of ignoring symptoms
3. Support people openly talking about mental health instead of shaming
4. Make mental/emotional issues a normal part of life and a normal topic of creating a healthy lifestyle from childhood all the way to senior adulthood
5. Encourage supportive conversations and shared experiences of building resiliency over stressful life experiences like being fired, bankruptcy, being abused, being divorced or losing a family member to death or disease. If you talk through it you can get through it.
6. Practice wellness – both physically, mentally, emotionally and spiritually every day

Mental / Emotional Wellness plan for greater peace and personal power –

Exactly what does mental wellness, (*the opposite of mental illness*) look like? Here are strategies to create emotional and mental wellness, which when practiced will lead to renewed personal power and inner peace.

1. Protect your mental health with sleep, hydration, exercise, and meditation
2. Know what you are feeling and have the vocabulary to express that to others

3. Become curious instead of furious with people (*unoffendable*)
4. Become committed to change and personal growth, instead of blame or attack
5. Know your strengths along with your weaknesses and then build on strengths
6. Know how to say no (*to yourself and others*) and learn to speak your needs
7. Let go of mistakes, but hold onto the lesson (*release regrets*)
8. Practice generosity instead of greed through the principle of Give/Save/Live
9. Practice gratitude instead of holding onto grudges or resentment
10. Know how to unplug to recharge or restore your mental health in nature or with prayer and reflection on scripture like verses praising the majesty of creation. An example would be to reflect on the ancient wisdom of King David who wrote, "The heavens declare the glory of God; the skies proclaim the work of his hands." (Psalm 19:1), while quietly reflecting on the beauty of creation.

You are the one most responsible for your health which is why you are the best one to protect and improve your health and wellness across all categories. Just as you wouldn't ignore a broken bone, you cannot ignore emotional pressure. Mental and emotional problems do not go away with silence, because ignoring inner pressure only makes it bigger as problems grow.

Take your total health seriously, talk to your friends and share your wellness journey because when you get better, everyone around you will follow your lead and the results will change your relationships, your school, your company or your community for good.

Everyone wins when you are at peak wellness, especially you, so take a breath and get started!

Chapter 7

Worried holidays will be ruined by arguments about politics?

20 Strategies to build unity using healing topics designed to block political conflict

The holiday season can create loving connection between family members or be a time of conflict, arguments, rejection and hurt. Especially after the emotionally charged 2020 Presidential election left many family relationships strained or even shattered.

How can you have a calm conversation with your relatives when there is so much political pressure and unrest? As host you must set the tone that *your Thanksgiving table is about connection – not conflict*. It is a time of unity not division. The conversation is about family relationships of the people who live at your house, not debate about who is elected to serve at the White House.

Talking about personal life allows stress to go down because it allows for empathy and understanding about normal life challenges instead of national ones. Everyone is stressed and everyone needs more support to manage the pressure. The questions below are designed to open a family dialogue to grow stronger during these difficult times and will require more disclosure as you go further down the page. Help everyone start a conversation and encourage others to share what was meaningful, or

perhaps even frustrating about surviving this pandemic as you build unity by listening and learning together.

Thanksgiving can be a time to enjoy relationships when you set a boundary on conflict and boosting connection with meaningful conversation over a family meal. It is a chance to share gratitude for the people you care about, express appreciation and voice the blessings of life often taken for granted. To count blessings instead of problems.

Here are twenty conversation starters to build connection, emotional strength, mental toughness, and resilience. Ask –

1. What are you doing to practice self-care and personal wellness during this pandemic?
2. Have you seen any benefits during this pandemic? (*example, more family time*)
3. Besides toilet paper, anti-bacterial wipes, bottled water, and hand-sanitizer what items do you wish you had stocked up on before the pandemic?
4. Where do you want to go first when COVID -19 restrictions are lifted?
5. What online magazines or streaming services have you used most? (*Netflix, Hulu, Sling, Apple TV, Amazon Prime or Disney+, etc.*)
6. What have you been reading during the pandemic?
7. How have you simplified your life during this pandemic?
8. What habits have you been able to change during the extra time at home?
9. Did you pick up any bad habits during the quarantine time of sheltering at home?
10. When you can safely attend public events after the pandemic, where will it be?

11. What parts of shelter in place were the most challenging or frustrating to you?
12. What parts of ‘new normal’ will you keep in place after the pandemic is lifted?
13. What do you miss most about life before COVID? (*besides mandatory face masks*)
14. Which family member have you missed seeing during quarantine, or did you lose during this global pandemic? (*and if so, how are you grieving*)
15. What act of kindness has impressed you the most?
16. What have you discovered you can live without?
17. What was hardest for you while sheltering in place? (*example loneliness or isolation*)
18. Where do you find courage to keep going, and what do you hope to remember about this extended time of global crisis?
19. How has the COVID pandemic changed you?
20. What topics are hardest to talk about as pandemic is ending? (*example employment, financial fears, substance abuse, addictions, or abusive relationships*).

Consider sharing a few of your own answers to spark conversations with your family and friends as you model the value of open conversations about COVID shelter in place.

Story is a powerful force to build morale and courage for everyone.

Talk about life experiences you have gone through, especially difficult times your family and friends may not be aware of. Sharing how you managed previous challenges might give courage to family facing similar challenges now.

When you open conversations, it helps each person feel less stress and stay engaged in the relationship.

Covid recovery is challenging for all, but to those who keep open lines of communication, their relationship will improve.

Crisis can create connection when so start a conversation which may help someone find the resilience to move on through the pandemic.



Chapter 8

COVID-19 panic could destroy your immunity and health.

Here is how most will make it worse and how a few will make it out stronger

Coronavirus fear is real.

Everyone is facing the pandemic differently. Some are well-equipped, (*read as have plenty of toilet paper*), while others are in near melt-down mode. Pandemic panic is to be so overwhelmed you can't think or function normally. Can't think clearly, can't make decisions, can't find the remote control that is in your hand. We all know stress hurts immunity and worry doesn't solve anything, in fact it is a self-destructive process which steals motivation toward positive change and can end up making you more vulnerable to disease.

Why do people chronically worry about global COVID-19 which makes their life at home feel worse? Why would they do things that steal energy, motivation or emotional control during one of the most stressful times in our generation. Here's how to find out if you are building up dangerous levels of stress so you can take healthy action and make the choice enjoy today, instead of just enduring it.

The Pandemic Panic Formula

Understand there is a cumulative stress cycle that fuel worry and anxiety where a person can only see life going from bad to worse. This follows a series of predictable steps. Highly anxious people have conditioned themselves to follow a pattern of behavior that makes every day chaotic and every situation a catastrophe.

This chronic negative mindset can be fueled by rumors on the Internet of how everyone is going to die from coronavirus and how you need more toilet paper. Reason is lost on a tsunami of fear.

These people never allow themselves to relax and count blessings because their total focus is on their perceived problems. They never have good days, just less miserable ones where nothing goes right because they are always looking for the worst possible scenario. It's like the old saying, "*Cheer up-things could get worse. So, I cheered up and sure enough, things got worse.*"

If the only things you are searching for are more problems through the coronavirus crisis then you can be sure you will find more than enough to stay worried and afraid, terrified perhaps. Here are the basics steps that lead into more worry, fear and confusion. The more elements of the formula you have in place, the worse you will feel, so please spot any unhealthy thinking to make a change now.

Physical Steps to Feel Miserable

- 1) Ignore your own health. You can do this faster by neglecting to get enough sleep. Push your body to the limits and never sit still to take quiet times to just sit and rest. Follow the rule that *'burning out is better than rusting out.'* See the coronavirus as a battle to fight 100% every day until you collapse.
- 2) Stay idle. Sit still and watch TV, Internet or Netflix; but never exercise or move around. In fact, stay inside most of the time and never allow yourself to see sunshine or feel the wind on your face. Nature is to be considered dangerous since this crisis is about a virus. Use entertainment to replace all forms of physical fitness or being outside.

- 3) Eat anything you want, especially large portions of comfort foods followed by soda with lots of sugar and caffeine. Remember the rule - the worse the food is for you, the worse you will feel. Avoid anything healthy or nutritious if you want to feel worse through this crisis.

Emotional and financial methods ruin your day

- 1) Keep all your fears inside and never take time to release pressure in healthy ways. No journaling, no mapping out your worries on paper to prevent feeling panic. And make sure to never set goals that would give you a positive point of view in facing the future. Stuff your stress to make the day worse. Decide here and now that all is lost and you should give up on the economy or ever going on vacation to Disney World again.
- 2) Don't budget or create a realistic financial plan as our country is facing a recession – in fact, let your financial obligations pile up until you feel like you are drowning in debt and financial fears. Not having any idea where you stand financially is sure to make you feel worse and may even lead to screaming at your partner about their spending patterns while ignoring your own.
- 3) Never tell anyone what keeps you up at night, in fact, avoid any counselor, coach, pastor, family member co-worker or friend who might be a safe person who could help you process your fears to find greater strength. Go it alone, stuff your fears inside to improve your chances of feeling miserable.

Media messages to deepen your bad mood

- 1) Focus on the fearful news of coronavirus instead of the heroic actions of medical teams, first responders and homeschool moms. When you focus on negative news full of depressing images and tragic stories you will stay in a state of discouragement that all is lost.
- 2) Follow how COVID-19 is affecting your favorite Hollywood celebrities. Keep up with how they are dealing with social distancing;

in fact, spend more time studying what is happening in their lives than you do in managing what is happening in your own life. Distraction by famous strangers is sure to keep you from the real-life issues you need to face.

Spiritual path to expand emptiness-

- 1) Ignore God and anything that would inspire you to see beyond yourself. No scripture reading, no prayer, no journaling or meditation about the blessings of life, which would stimulate gratitude. Avoid any type of function that takes you out of your own world or that might make you aware of the greater needs in the rest of the world. Just focus on yourself and ignore everyone else.
- 2) Skip watching any function where you might find inspiration, and make sure to skip any activity that places you around positive or prayerful people. This includes helping the homeless, a small business or reaching out to other families who may be facing tough times. If you stay focused on yourself and your problems long enough you can continue to feel empty, afraid and alone.

How do resilient people ‘snap out of coronavirus crisis thinking’ to find energy?

People with high levels of emotional resilience have felt beat up by life, they just don't dwell on the difficulty because they focus on the life-lesson. If you can relate to feeling overwhelmed, undervalued, empty, lonely, unloved, worried, depressed or afraid, then you understand the normal human emotions. You also don't have to stay down when you have the choice to think emotionally stronger thoughts. "We will get through this." "Other generations went to war and survived, we can too". There are many positive messages on the Internet or social media – look for those who are talking about recovery more than recession. Everyone feels overwhelmed at times and everyone has been too stressed to face the day.

Resilient people have learned to identify “*pandemic panic*” so they can make rapid adjustments to feel better fast. The real problem is when you feel so exhausted and beat up by life that your fears of tomorrow are blocking your creative energy. What about you -do you wake up refreshed to face another day with positive energy or do you live just below the level of panic day after day?

The Secret to resiliency is E-MOTION

The bottom-line to feeling stronger to break out of fear over a global pandemic is to remember emotion could be defined as E-MOTION.

When you drift through life with no positive movement, you always feel worse. When you learn to get up and get moving toward an intentional goal you always feel better and stronger.

Try this simple exercise as you are sheltering in place the next few days. March in place and repeat three times, *‘I will survive.’* I know it may sound silly, but if you look in a mirror while marching and swinging your arms in rhythm you can’t help but smile. Just creating movement and motion will improve your mood and fire up your motivation. In other words, you have a lot more control of your mood and motivation than you ever thought possible. You control your use of e-motion in large part by making the next right decision to go in a positive or healing direction.

Moving from being Panic to Peace

Emotionally resilient people have learned to take positive action to break out of chronic fears about a global pandemic that they can’t control. Everyone is facing this challenge, and everyone may have some tough days but you can learn to face them with strength by doing the opposite of the formula listed above. You can try it either way. One path will lead to being motivated and empowered, while the other may ruin the day because of lethargy or moodiness.

Hopefully you have some mentally healthy people in your circle who say, *‘snap out of it’, ‘get on track’, ‘you can get through this.’ What are your options, you always have options’.*

During this time of sheltering in place, who could you come alongside to challenge or encourage with positive steps to break out of panic or fearful thinking. Who in your contact list could you call with some words of hope?

Fear gets worse in isolation which is why healthy people allow safe people to help. Asking for what you need and if you don't have those people know there are safe people in safe places when you begin to look for them.

You are on this planet for greater things than fear over a pandemic. Let today be the day you break the process of continually dwelling on fearful panic to embrace feeling better. To count blessings instead of problems. To focus on self-care and personal strength instead of staying afraid. No matter what you are facing today, you will face it better by doing the opposite of the formula listed above so you can develop deep spiritual, emotional, financial and physical strength.

You have the power to change and make today better.

Choose to break the formula and when you do it will ripple across your community with hope, faith and love. Those emotions have guided people to press on in the worst of circumstances through the centuries. They still work when you step up to live free of needless worry to spend your energy on moving forward. No one knows what the future will bring – but you can know how you will face it. Breathe in faith – breathe out fear. It will work for you, for your family and for those you care about. We are stronger together. Pass it on.

CDC.gov Medical Prevention and Treatment of coronavirus disease (COVID-19)

The best way to prevent illness is to avoid being exposed to this virus.

However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For more to keep your family physically and medically safe visit:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Chapter 9

If you catch COVID19 who will care for your family?

Aggressive self-care is key to manage your own stress so you can care for your family

COVID_19 is all people are talking about. Chronic conversation about the disease can trigger major stress and fear, which can shatter the second greatest tool you have to fight this disease – your body’s own immune system.

(The single greatest way is to avoid exposure to the disease by social withdrawal as recommended by the Centers for Disease Control or by visiting www.coronavirus.gov)

If you are full of panic about getting sick, who will take care of your family?
If you live alone, who will take care of you?

These are hard questions, but reality as America braces for an unprecedented level of traumatic stress the next 30 days.

Taking care of your health is essential. Start by managing your own feelings. Stop talking only about the possibility of coronavirus and stop living in constant fear. It is a dangerous disease which is made worse with worry.

The more you stress- the weaker your body becomes and the greater risk you are to contract COVID-19.

There is a concept called “Self-Care” which is controversial among nice people who live to care for others. Not controversial because it is against medical science, no, because it is counter cultural. Some people grew up learning to take care of everyone and everything else and if there was anything left over to care for themselves last. While this sounds noble, consider what every flight attendant says before takeoff, *“in the unlikely event of cabin depressurization, oxygen masks will fall from the ceiling. Put the mask on yourself first.”*

You’ve likely heard that safety briefing many times, but this time it’s not in an airplane – no - it’s in your home. You must take care of yourself first because self-care is not selfish.

Here’s how the process works.

- Self-care
- Family-Care
- Friend-Care
- Co-worker Care
- Community Care

When you learn to take care of yourself, you have health and energy to take care of your family, friends, coworkers and then outward to your community. The core strength flows outward from yourself because you are meeting your own needs first since self-care is not selfish, rather, it is self-protective. While this may seem uncomfortable, it’s actually a simple process. You may already be practicing some areas of self-care and not realizing it. Start by focusing on personal worth – because you are worth caring for. This isn’t Oprah self-esteem talk, no it’s learning to value your own sense of worth by choosing positivity over fear.

You are valuable and your health matters. Once you decide to take care of yourself first add all the categories of wellness – physical, emotional, behavioral, relational and spiritual. These elements keep our human body protected by a powerful immune system which can grow stronger or weaker during times of stress. You can choose to aggressively stay healthy through

self-care and when you do your immunity will aggressively grow and protect you. Begin with the basics of physical health for strength including sleep, nutrition, hydration, exercise, hygiene and deep breathing.

Breathing in while counting blessings is a good way to eliminate stress and fear. Build physical wellness then adding positive coping skills in the other areas that boost immunity - emotional, relational, behavioral and spiritual. The more you laugh, exercise, hydrate, eat nutritional foods, meditate, read, learn diaphragmatic breathing, pray, be out in sunshine – the stronger your immunity grows. Breathe. Trust. Believe. That’s how to increase faith over coronavirus fears, and it’s the beginning of personal self-care.

Once you feel empowered and strong you can go ‘viral’ by sharing with your family and friends how to achieve mental wellness and psychological strength. Your self-care will encourage them and strengthen them as well. Breathe in faith – exhale fear. Breathe in blessings – exhale panic. Breathe in wellness for you and those you love with these proven measures to boost immunity, then as an act of kindness to others trapped in fear.

The way to shatter panic over a pandemic is by building inner peace and that starts with you. It starts with your own self-care and it starts now.

<p><i>Build your self-care with these practical steps</i></p>
--

Physical:

- Sleep, (7-9 hours)
- Sleep rituals- Same time to wake up and go to bed
- Predictable daily schedule
- Healthy Diet with Regular mealtimes
- Hydration throughout day
- Nutritional supplements
- Low impact exercise
- Yoga/Pilates/Stretching
- Deep breathing
- Relaxation routines/massage or energizing naps
- Regular physical checkups, including blood work
- Medication, (as prescribed by your physician)

Emotional:

- Esteem building exercises, especially with photos or images
- Laughter/Fun/Playtime
- Face anger, anxiety and apathy directly
- Journal out negative emotions
- Let go of painful memories
- Say “NO” to bad habits
- Talk through issues to get through issues
- Identify and process hurtful emotions
- Write letters to vent out disappointment or regret, (*then tear them up- this is to free you – not start a fight on FB!*)

Relational:

- Face relationship issues
- Voice your needs to others
- Confront conflict directly
- Connect with friends/family
- Share your burdens with others
- Join a support group
- Utilize counseling supports
- Join a hobby group which involves others
- Say “NO” to manipulative behavior
- Hugs/affection, (*from pets or people*)
- Learn the love language of those close to you and let them know your needs as well

Behavioral:

- Daily planning time
- Utilize organizational planners
- Short term goals
- Daily hobbies for enjoyment
- Creative activities for relaxation
- Develop victory list of accomplishments
- Create a bucket list of lifetime goals
- Reading for personal development
- “Pay it forward” to do good for others
- Learn something new everyday

- Take on new challenges
- Leave work stress at work
- Take a training course to gain new knowledge and skills

Spiritual:

- Reading for inspiration
- Meditation
- Listen to inspirational music
- Forgive those who have wronged you and forgive yourself
- Watch spiritual development classes to deepen your soul
- Watch inspirational services online
- Make prayer a regular part of your day
- Memorize scriptures to inspire and develop your mind
- Remember, “*Things come to pass – not stay*”
- Re-create spiritual peace in quiet places
- Build spiritual strength through meaningful experiences
- Attend prayer vigils to experience greater community connection
- Observe a day of rest
- Get in touch with nature
- Visit a bike trail, park, lake, beach or hike a mountain trail

Chapter 10

Back-to-School is creating extreme anxiety for students during the pandemic.

*Here's how to help your child cope
Strategies for parents, teachers, and
counselors to manage traumatic
stress facing students who are
returning to school during the
pandemic*

One billion students were locked out of classrooms globally when COVID-19 was announced March 13, 2020 in what the United Nations called a *“Generational Catastrophe in education.”*

Today's students are facing traumatic levels of stress after months of governmental lockdowns, sheltering in home and trying to learn remotely with their exhausted parents trying to function as tutors.

School closures blocked access to peers, sports, after-school activities, academic curriculum, and trained teachers. For some this loss of normal routine was managed by extended family and supportive friends – for other children it meant the loss of school lunches, no Internet, and their only access to safe or supportive adults.

This Fall some 60% of schools are reopening with physical distancing/ face mask requirements, in part over fears of the millions of children and youth who might drop out or not have access to school due to the pandemic.

“We need education – the great equalizer – more than ever. The risks of keeping schools closed far outweigh the benefits of closure.” – United Nations report

Coronavirus is a serious threat that may not come to your home physically since your family may be protected from the risk of infection. However, the pandemic impact will ripple out beyond physical health to harsh financial realities and emotional overload. The most vulnerable populations are the very old and the very young. People are social distancing to protect the medical health of the very old. Parents and teachers need to understand the urgency to protect the mental health of themselves and the very young.

No modern generation of students have ever faced this type of stressful challenge. They do not need to face it alone.

There are multiple resources to address the opening of schools safely according to the research provided by medical researchers at the Centers for Disease Control as reported in the New York Times on getting children safely back to a school schedule. This guide will outline the physical safety factors for children.

<https://www.nytimes.com/interactive/2020/07/29/us/schools-reopening-coronavirus.html>

What about the emotional and psychological factors? Consider the key thought when working with the children experiencing this pandemic.

“You will always miss what you are not trained to see”

Identifying how the pandemic stress or anxiety is affecting your children is a safe way to help them manage this season of unusual pressure and develop resilient coping skills. Learning to spot mental and emotional health factors early can prevent a host of other health and behavioral problems in the teens and twenties.

Just as early prevention and screening of physical conditions like blood pressure, cancer, diabetes and heart disease can protect physical health; the early screening of depression, anxiety, ADD, OCD, complex grief or trauma can lead to a better quality of life mentally for students. The elevated stress of COVID-19 is a lot to handle for children.

Pandemic pressure can identify gaps in mood or behavior to guide you as a parent or educator in helping students through the pandemic.

75% of mental health conditions develop by age 24.

Now is the time to check, stabilize and then treat any signs or symptoms that may have arisen during this highly stressful time.

Behavioral Symptoms to monitor in students during the COVID-19 pandemic, (March 13, 2020 until present)

Common Stressors Elevated Stressors for students

- Academic Struggles
- Annoying
- Accident Prone
- Aggression
- Argumentative
- Avoidance (*e.g., People, Places, Activities*)
- Binge Eating
- Blames Others
- Chronic Worry
- Controlling
- Deceitful
- Defiance
- Difficulty Concentrating
- Difficulty Organizing
- Anxiety
- Body Weight Less than 85% of

Normal Cognitive Distortion

- Depression
- Destruction of Property
- Detachment
- Disorganized Speech
- Impaired Communication
- Diminished Appetite
- Disturbed Body Perception
- Impaired Social Interaction
- Impulsivity
- Easily Distracted -Excessive Exercise
- No appetite / Fatigue
- Purging
- Feelings of Guilt or Worthlessness
- Extreme moodiness
- Flat Affect
- Low Frustration Tolerance
- Hyperactive
- Hyper-Vigilance

***46% of children in the U.S. have
experienced at least one ACE
According to the National Survey of
Children's Health***

- Immature for Age or Inattentive -Insomnia
- Interrupts / Irritability -Repetitive Behaviors
- Inflated Self Esteem or Grandiosity
- Irrational Fears (*Death, Loss of Control*)
- Lack of Empathy -Promiscuity
- Lies -Theft/Shoplifting
- Somatic Complaints -Serious Violation of Rules or the law
- Significant Weight Change -Restrictive Eating
- Little or No Motivation -Loss of Temper
- Low Self Esteem

HIGH RISK BEHAVIORS (*may require psychological stabilization*)

- Memory Loss or highly Disorganized Behavior
- Obsessive Thoughts Delusions/Hallucinations or Flashbacks
- Oppositional Drugs/Alcohol
- Perfectionism
- Panic/Trauma
- Complete loss of Social Skills
- Sadness or weepy
- Mood swings
- Social Dysfunction or extreme shyness
- Recurrent, Persistent Intrusive Thoughts
- Suspiciousness
- Threats of self-harm or openly has Thoughts of Death
- Talks Excessively with no filter
- Starvation/ Anorexia
- Muscle Tics
- Unable to Follow Instructions
- Use of Weapons or threats of using weapons
- Use of Laxatives, Diuretics, Appetite Suppressants or Energy Drinks
- Violence or threats of Violence

Students of COVID-19 are facing what researchers call an ACE, or Adverse Childhood Experience. These are potentially traumatic events that can have negative, lasting effects on health and well-being for a lifetime.

These experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian. Adverse

childhood experiences have a connection with negative behavioral and health outcomes, such as obesity, alcoholism, and depression, later in life.

Economic hardship is the most common adverse childhood experience reported nationally, followed by the divorce or separation of a parent or guardian. ACE's increase with a child's age. Abuse of alcohol or drugs, exposure to neighborhood violence, and the occurrence of mental illness are the most reported adverse childhood experiences.

Here are the most traumatic according to the researchers.

Consider how many of these factors may be facing your children or students since the pandemic began.

1. Lived with a parent or guardian who got divorced or separated.
2. Lived with a parent or guardian who died.
3. Lived with a parent or guardian who served time in jail or prison.
4. Lived with anyone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks.
5. Lived with anyone who had a problem with alcohol or drugs.
6. Witnessed a parent, guardian, or other adult in the household behaving violently toward another (*e.g., slapping, hitting, kicking, punching, or beating each other up*).
7. Was ever the victim of violence or witnessed any violence in his or her neighborhood; and
8. Experienced economic hardship "somewhat often" or "very often" (*i.e., the family found it hard to cover costs of food and housing*).

The more factors, the greater the need for children to receive extra support from safe adults and learn positive coping skills to manage pressure

Children look to their parents for cues on how to relate to their world. When parents are highly stressed, their children feel stressed. Coronavirus can scare children now, which could create emotional problems for months or even years to come.

If a child feels overwhelmed by a continual flow of sad or scary news, they don't understand it leads to confusion about how the world as they know it

has changed. This is especially troubling with young children who don't have the life experience or vocabulary to tell the adults in their life what hurts. Talking about emotions is essential for mental health.

Think of the wisdom given by Mister Rogers to children,

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.”

Bottled emotions do not go away, they either blow in toward emotional fears, or blow up into angry or acting out behavior. In older kids these fears can lead to anxiety, depression or self-destructive behaviors like drugs, alcohol or even suicide. COVID-19 will go away.

The Centers for Disease Control or World Health Organization will eventually find a vaccine, but untreated psychological damage will not go away and could go on for years. Parents and teachers need to know what to do to prevent that from happening now. Here is the first challenge.

Get down to the level of your child to gain perspective on how to help

Think about the life of a five-year-old this school year. Leaving mom and dad to go to school for the first time. Then getting used to sitting in a desk, lining up to go to the lunch or recess and then pick up line to answer the predictable question when they get into the van, *“what did you learn in school today?”*

When those patterns stopped as children switched over to online learning with parents; moms and dads who may have been on emotional overload with working from home to keep a job, or fighting with each other about money or the frustration of not being able to manage all the details of a culture changing over these many months of the pandemic. A five-year-old doesn't know how to handle their parents being a *‘hot mess’*.

Children can't speak up to say, *‘could you calm down?’* to their parents, so I will say it for them.

“Mommy and Daddy please calm down.”

Take a deep breath. Calm your anxious thoughts. Grab a pen and use this guide to figure out how to help you son or daughter manage the stress of this complex situation to be emotionally healthy. By the way – when you are calm and figuring out options, your kids will calm down and learn to do the same thing.

“Children are more distressed when parents appear helpless and passive, and more comfortable when parents are taking action.” – Dr. Richard Weissbourd, Harvard

COVID-19 is complex for parents to understand. It can be a very difficult for small children to grasp, but helpful videos like the ones on PBS where Elmo teaches how to wash your hands to kill germs is a good place to start.

Keep it simple with creative approaches about hand washing from <https://www.cdc.gov/handwashing/videos.html> or watching the wonderful resources on resiliency for young children at <https://www.sesamestreet.org/toolkits/challenges>

Coronavirus COVID-19 is serious. Thousands of people will get sick and the overwhelming majority will get better. Start there. Children of every age can practice handwashing, wearing a mask, covering coughs and sneezes, staying hydrated and getting enough rest.

These life skills will keep them healthy now through a pandemic and for the rest of their life. And if you are worried about money during the COVID recession remember these words –

What matters on Wall Street isn't as important as what happens on your street

Kids don't worry about global economic indicators because they don't understand global economy. They aren't supposed to be worried about global events because they are just kids. As parents you aren't supposed to be worried about global events because you can't control them. A parent's responsibility is to manage their home and children, not solve world problems. When your children see you as a caregiver modeling healthy behavior, they will begin to do the same.

Children tend to do what children see.

As parents you do not have to stay in crisis response. Breathe and change perspective. You can connect as a family and get through this pandemic with emotional courage to stop confusion and chaos from entering your home. Take care of what you can, act responsible and let go of the rest. Worry about disease or recession will not help you or your children feel better. Work at wellness and your kids will feel better because you feel better.

Positive action as a family will get you through the lockdown. Schedules, routines, tasks, schoolwork, family game time and meal prep can connect your family in new ways. Take advantage of this time to draw close and have family dinner again. One of the most requested resources American citizens said they wanted more of was time. This pandemic has slowed many typical activities allowing you and your family to have significant time together. Make it count.

Release worry about the future to focus on today

Decide to focus on your family and home responsibilities first. Energy wasted on panic, *“we’re all going to die!”* or blame, *“why didn’t you buy more toilet paper?”* or regret, *“why didn’t I go to school to be a doctor?”*, or anger, *“your coughing is going to get us all killed!”* is wasted energy for parents and can be confusing to kids.

Better is to focus energy on an empowering question, *‘What can we do about the situation we are in? What can we do to keep the kids safe?’* Moving from wasted energy to creative change is crucial for parents during COVID-19.

Part of this can be reaching out to other parents, Facebook supports, Zoom, academic or YouTube resources on managing stress and pressure for students. There are free resources on almost anything you can think of. Give up the fear and grab hold of new skills to grow through this global experience. Courage to change and creativity is in abundance when you change perspective.

This is a stressful time, but COVID-19 will end. Build a schedule designed toward purposeful activities. Kids feel afraid if they see their caregivers afraid. Take a breath and begin to map out a wellness schedule for the

children and adults in your home. It's normal to feel scared, because nothing like this has ever happened in our country.

We can survive this better together. While it's normal to feel scared, it becomes unhealthy when people stay idle and silent. Break down the word emotion and you have E-MOTION... get moving as you work your plans and watch how your kids perk up with positive energy.

Traumatic situations create traumatic emotions – that's normal for adults and kids. Any event outside the usual realm of human experience which is distressing can create helplessness, anxiety or panic. Traumatic stressors usually involve a perceived threat to one's physical safety or someone close to them.

This is an intense psychological reaction to feeling threatened, which is completely normal.

Traumatic stress overwhelms coping mechanisms leaving children feeling out of control and helpless. Continual exposure to the trauma creates a survival reaction of being depleted, exhausted, or worse, self-destructive. Children experience traumatic stress differently based on age and maturity level as this guide will outline to help parents and teachers.

Here are the normal signs of emotional overload for children, or their caregivers.
--

Traumatic Stress Symptoms

- Intrusive fearful thoughts
- Anger, frustration, moodiness, or continual irritation
- Sleeplessness or disturbing dreams
- Fear, anxiety, or panic
- Poor concentration or difficulty remembering the most basic of tasks
- Indecision or second guessing every decision
- Inability to embrace complex concepts
- Detachment or emotional numbness
- Hyper-vigilance of danger, for instance when someone sneezes
- Hopelessness, dread or self-destructive thoughts
- Sadness or continual waves of grief (lost graduations and prom)
- Inability to listen to instruction, or emotional distancing

- Chronic exhaustion or energy loss
- Physical aches or muscle pain, (*usually from an unidentified source*)
- Minimizing the severity of the situation, especially among older adolescents

Think about you, your child or partner as you reviewed the list of normal stress reactions. It is likely many of the people you know have some of these symptoms, because they are normal in a time of crisis. The goal is to normalize and calm emotions to make them more manageable for both parents and kids.

Stay realistic.

When children are feeling confused, highly anxious, or emotionally numb, their ability to think creatively to do schoolwork at home will be impaired. Adjust expectations about school performance accordingly to focus on their emotional ability to cope. Until their brains are working better by learning how to control their emotions, they might not be able to retain much new information.

How to Help Children manage the traumatic stress of COVID-19

- Ask how they are managing the stress. Listen carefully and compassionately
- Spend time with your children in the same room, it's more comforting to be together than alone and isolated
- Offer a listening ear of support, comfort and encouraging words which can help even the most introverted of children
- Allow your children to reach out to text or call their friends or classmates they haven't heard in a while
- Reassure they are safe once stability can be assured as the family is fully practicing CDC.gov or Coronavirus.gov protocols on physical and medical safety
- Guide your children in taking on additional household responsibilities and everyday tasks. Explain you cannot become '*super-parent*' and need their help. Even a very young child can do something to help. (*example would be putting their own laundry in the laundry basket or learning how to fold towels to help mom or drying dishes with dad*).
- Avoid taking their moodiness or frustration personally; crisis brings out the best or the worst in children, parents, partners, and other family

members. Give a lot of grace, since we will all need a lot of grace during this pandemic.

- Skip judging other people on how they parent or what they allow their children to do – while you stand firm on hygiene and social distancing protocols. Safety first
- Show compassion on families who may have family testing positive for COVID-19. Share your concern, assure of prayers and teach your children to give kindness and respect to others, never judgment
- Learn to accept frustration as part of the process instead of trying to ‘fix’ people to do things your way. Controlling others doesn’t work and creates more frustration
- Encourage family members to ‘*check-in*’ to share feelings frequently and then ask about each other’s wellbeing emotionally and physically each day
- Access mental health resources online or via telehealth to guide your family through the surge of stress everyone is feeling. Allowing emotions to flow will prevent emotions blowing up in rage, or blowing into resentment or self-destruction
- Encourage all family members to monitor and discuss stress overload and to keep the conversation moving forward toward emotional coping skills which build resiliency
- No one gets through crisis alone, especially children. Reassure that traumatic emotions are normal reactions to an abnormal situation like coronavirus
- Talking through the elevated stress is essential; remember if you can talk through it, you can get through it. Sometimes parents need help identifying stress in children or adolescents. Here are the signs of stress in children, based on age, who have experienced major crisis.

INFANTS AND TODDLERS

- Regression of sleeping, toilet training or eating; slowing down in the mastery of new skills
- Sleep disturbances (*difficulty going to sleep; frequently waking*)
- Difficulty leaving parent, extreme clinginess
- General crankiness, temper tantrums, crying

3-5 YEARS

- Regression-returning to security blankets/discarded toys, lapses in toilet training, thumb sucking or other age inappropriate behavior
- Immature grasp of what has happened; bewildered; making up fantasy stories

- Blaming themselves and feeling guilty about how the crisis affected their family
- Bedtime anxiety; fitful/fretful sleep; frequent waking or chronic worrying
- Fear of being abandoned by parents or parents dying from coronavirus, clinginess increases as child feels unsafe
- Greater irritability, aggression, or temper tantrums, especially from previously quiet children

6-8 YEARS

- Pervasive sadness: especially when they perceive feelings of being abandoned, or fear of loss of both parents or siblings to the disease
- Crying and sobbing can be a common reaction, and sometimes a healing one to release fears. Once they cry it out, some children may be able to talk it out. This is the stage where children start to understand about their own death, so some kids may focus on a cough as indicator of the reality that their body may be sick.
- Talk about their fears, let them express, then visit trusted sources like www.Coronavirus.gov to see actual facts to read through and reduce fears together.
- Afraid of the world ending, or watching their parents die, or their worst fears coming true, this “catastrophizing” is based on fears, not facts. Shatter that fear by showing the steps you are taking as a parent to stay healthy to not contract the disease and how this will protect the entire family through this pandemic
- Fantasies that the coronavirus never happened, and things will *‘just go back to normal’* like waking up out of a bad dream
- May become overactive or act irresponsibly to avoid thinking about stressful issues, acting disrespectful, rude and hateful are other indicators
- Feel ashamed of the crisis; or feel they are different from other children because of how your family may be taking coronavirus lock down more seriously than others, while their friends on Instagram seem to be going on with *‘life as normal’*

ADOLESCENTS:

- Feeling isolated and lonely, separation anxiety increases in kids with other major losses like graduation, prom or the hope of living away from home at college with so many shut down or going to online only
- Major loss, such as losing

contact with their peer group through school, sports, fine arts, drama or band and perhaps losing contact with their friend group forever due to job relocation of parents. Students may never see some of these peers again

- Fear loss of stability and security from parents leaving them or parents not available to them because parents are caught up in their own stressful financial career or relationship problems
- Feel hurried to achieve independence, which sometimes is driven by the desire to escape parents' crisis or financial situation
- Loss of identity for teens who tended to over-achieve academically, in sports or extra-curriculars. These kids may start to feel deep sadness as if they are losing a part of who they are. While your child may not have been headed to the Olympics or Final Four; those events being cancelled may cause some kids to feel like their career dreams has been shattered
- Worry about their own financial future by being laid off from a job, not finding a job, not having the money to go to college
- Preoccupied with guilt over how they must step up to help their parents manage the financial survival of a pending recession
- Chronic fatigue: difficulty concentrating, physical complaints like chronic headaches, backaches, stomach aches may indicate stuffed emotions are triggering very real physical pain
- Feeling deep grief and loss, while not knowing how to mourn loss caused by COVID-19 as they begin to understand the world can be a dangerous and unpredictable place

Strategies to help stressed children by age

Children look to their parents for support and encouragement during any crisis.

The following is a guide to help parents, caregivers and teachers manage the flood of emotions that may come up during coronavirus lockdown.

Ages birth to 6

Children under the age of six do not need additional exposure to major traumatic events. Children of this age draw their emotional support from parents. When parents or guardians feel safe and secure, the children will feel emotionally secure as well. Parents should speak about home life around children instead of topics such as disease, stock markets or other bad things that happen in the world. Modeling calm and compassion with

"let's pray for families who have sickness in their home," and then going about the normal schedule with the news or financial media turned off.

When parents can maintain a sense of calmness, small children will feel safe and secure. They might seem almost as if nothing bad has happened to them, because in their world the important things, *(you and their family)* are stable and safe.

Ages 6 to 12

Children of this age are more aware of the world around them, yet still need moms and dads to shield them from most of the bad news. If your kids can't spell Zimbabwe or find it on a map, then direct their thoughts back to the part of the world where they live. News media stories may be confusing to children beginning to understand geography. They need knowledge of where the seven continents are balanced with their own responsibilities in their own country, state, or city. Limited exposure to the media is not dangerous because it can open discussions about insecurities your child may be feeling.

Drawing pictures allows for healthy emotional expression and can be a powerful coping skill for adults and kids.

Social distancing outside the home is essential, but you can still hug your kids! Physical touch can bring security to a child. Also remember to have special times of prayer as they learn to give up their worries to God. These steps help children better deal with their fears about bad things that happen in the world as they learn how to sort through new experiences with the support of their family.

Ages 12 to 18

Adolescents have their own impressions of crisis events, in part shaped by their peers or social media connections. The older they are, the more likely they will have strong opinions, and it is healthy for them to process their feelings with friends.

Expression should be balanced with family, teachers, clergy or counselors since negative peer pressure can lead to irresponsible behavior. This group may need some time to verbally process how they feel about what

happened. Special emphasis should be placed on helping them talk through the issues and not stay isolated from family. Asking how they are managing the stress and what they think might help others in the family could be a good place to start a respectful conversation about being part of a family facing crisis together.

Silence or withdrawal is a serious warning sign the crisis events of the past few weeks have been internalized. Strict limits on news or social media is essential to prevent anxiety or panic levels from rising exponentially from negative media overload. This group may feel the most pressure to escape reality with mind-altering drugs, alcohol, sexual acting out, criminal activity or suicidal actions.

Talk openly if you are worried about your teen's behavior with love and compassion.

Reassure them the family can get through this challenging time better together. Escaping or giving up on living does not take the stress and fear go away.

Keep the conversation going with the help of national suicide hotlines, which are well staffed to help you and your son or daughter.

(Every country has suicide hotlines available. They are free and confidential and easy to find

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)

Dangerous Warning Signs

This final category maps out indicators of traumatic stress which are beginning to overwhelm the individual and creating a risk to their health. The longer the traumatic stress symptoms occur, the greater the negative impact on the child or caregiver. This does not imply craziness or weakness rather it indicates that the emotions are too powerful for them to manage by themselves.

Completely normal, but it can make a person feel powerless, as if they are drowning in their emotions and does require someone else to help them, such as an emotional lifeguard. Children or caregivers who display more

than a few of the following stress symptoms may need additional help dealing with the events surrounding coronavirus. They should seek the appropriate medical or psychological assistance.

Thankfully, dozens of trusted resources are available to educate and equip parents and teachers on helping children negatively impacted by trauma.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html

Physical:

Chills, thirst, fatigue, nausea, fainting, vomiting, dizziness, weakness, chest pain, headaches, elevated blood pressure, rapid heart rate, muscle tremors, difficulty breathing, shock symptoms, etc.

Emotional:

Fear, guilt, grief, panic, denial, anxiety, irritability, depression, apprehension, emotional shock, feeling overwhelmed, loss of emotional control, etc.

Cognitive:

Confusion, nightmares, uncertainty, hyper-vigilance, suspiciousness, intrusive images, poor problem solving, poor abstract thinking, poor attention/memory and concentration, disorientation of time, places or people, difficulty identifying objects or students, heightened or lowered alertness, etc.

Behavioral:

Withdrawal, antisocial acts, inability to rest, intensified pacing, erratic movements, changes in social activity, changes in speech patterns, loss of or increase of appetite, experimentation with

sexuality, substances, pornography, or online gambling for older children.

When in doubt about your children's medical or mental health needs contact a trusted family member, a physician or certified mental health professional. Remember there are caring people who can help you and your children. You do not have to go through a crisis alone, but you do need to reach out for help. COVID-19 has not limited access to therapists, counselors, social workers, psychologists, or clergy.

Children and parents must actively deal with negative emotions now to move past the stress of coronavirus and find strength to cope with the challenges ahead. Good news – there are many groups available to help you figure it out.

Growing up can be scary, but generations of children grew through global challenges in the past like the great depression and became disciplined and resilient. This generation of children could become mentally and spiritually stronger because of COVID-19. Courageous parenting will create courageous children.

That could become the greatest gift to our culture. Disciplined students who have learned how to manage themselves with responsibility and gained skills on how to help others. That might be the brave new world we need, and it will be filled with confident young adults who learned how to cope by watching their parents lean into the coronavirus challenge.

Talk through it to get through it

This guide can get you started on how to open conversations that will help your children manage the stress of a global pandemic. Learning how to manage emotions in this crisis can prepare your kids to manage any crisis.

Teaching them to talk through issues is strategic for them to explore options and keep moving forward in their life.

Spark creativity with regular conversations about managing stress and pressure by discussing issues like these with your children in age appropriate ways.

- What are you worried about or afraid of since coronavirus began?
- How is our family affected by the pandemic?
- Talk about what was important to you before the COVID-19 pandemic and how those core values may have changed or gotten stronger.
- What will our family look like five years after COVID-19 has been solved with a vaccine?
- Express how grateful you are for each member of the family, what you admire or love about them. Share your heart with your children and watch how quickly they learn to share their deepest emotions with you.

Coronavirus can connect your family in new ways during the lockdown. Family dinner conversations can go deeper into conversations that will build mental wellness and resiliency.

To quote Charles Dickens, *“It was the best of times. It was the worst of times.”* It is the same for your family. This pandemic can become the best or worst of times, – that choice is up to you.

This pandemic will end – but the lessons you and your children learn can last a lifetime.

Chapter 11

COVID RECESSION RECOVERY

How financial fears hurt your health and could cause slow suicide

Coronavirus can destroy your health, and sadly can destroy your life. Not as a primary impact of the disease, since most patients tested positive for COVID-19 recover. No, as a secondary threat – slow suicide.

If the concept is new to you, slow suicide describes the passive self-destructive behaviors that erode physical and mental health. Alcohol, tobacco, marijuana, opioids, illegal use of prescriptions, junk food and addictive behaviors like gambling, pornography, spending or compulsive overeating. Americans know they should not eat, drink, watch or consume unhealthy things, yet during COVID-19 isolation many will skip the healthy behaviors Surgeon General Jerome Adams is begging them to do with social distancing to save life and choose instead to slowly weaken their own.

To decide to die by your own hand is not a new problem in America. Suicide is the #10 cause of death for adults, and the #2 cause of death among those under the age of twenty-five. They choose to end their life because life isn't working for them anymore. They may be drowning in despair, depression or debt and can't see a way out – all they see is darkness and gradually give up. Their life feels like a hopeless void of misery, which will be significantly magnified by the social isolation and financial desperation of coronavirus recession.

A failing economy doesn't mean you are failing

It's not just those living paycheck to paycheck affected. Responsible individuals with perfect FICO scores who are never late on a payment are impacted as well. They are under a different kind of financial pressure, the pressure to stay financially perfect. When their financial stability starts to fail, they internalize and blame themselves for not being smarter or taking aggressive action sooner.

This group may be in the highest risk for self-destructive behavior since they make the wrong connection between money and mental health.

Self-worth is more important than Net-worth

Your worth as a human being isn't based on the amount of stuff you have or how financially impressive you appear to be on a credit report. Those are external factors. The square footage of your home is not an indicator of the capacity of your soul. The real you is not defined by your car, house, boat, RV, 401k or employment status. You have great worth as a human being. Perhaps that's why people actively study the teaching of Fred Rogers.

Mr. Rogers spent his life reminding children they were valuable, that they had worth. He ended every show with the same message,

“You've made this day a special day, by just your being you. There's no person in the whole world like you, and I like you just the way you are.”

What if you stopped worrying about COVID financial fears and simply listened to Mr. Rogers? Would that really change anything? Yes, because it would change the most important thing during the coronavirus recession. It would change you. Your net-worth is measured differently than your self-worth. One is controlled by a global economy - the other is controlled by you.

What can you do if you're already behind on bills?

Accepting yourself and your financial situation does not take away the reality of being laid off with no income and growing debt. Sometimes it seems creditors and bill collectors don't care about you as much as collecting money.

It can feel embarrassing, frustrating, helpless, or even shameful to be out of cash. Recently unemployed people feel even more pressure when they watch the economy struggling. The more they watch the failing economy the worse they feel, and the worse they feel the greater risk they are for the slow suicide process of self-destruction. Stop watching stock reports and start working on your own life. Remember,

**What happens on Wall Street isn't as important as
what happens on your street**

So, what can you do if you are financially strapped without the resources to pay your bills on time? You must move from helpless feelings to active behavior. You must take bold action because action will create a feeling of empowerment

Taking bold action to face your financial fears will make you feel stronger as your fears become more manageable. Billionaire Richard Branson faced financial ruin many times but wasn't afraid to move forward. He described the process this way, *"It's only by being bold that you get anywhere."*

Here are five bold actions to protect you from self-destructive behavior when facing financial pressure, bill collectors or unemployment.

1) Mindset

You can control your mindset about finances by aggressively managing your intake of information. Skip watching social media or television shows that make you more aware of financial lack. Those shows can drain away your mental energy, energy needed to take positive action. The greater risk is how they could create feelings of comparison and trigger a spending relapse. Ignoring financial reality to create debt using ‘*retail therapy*’ will only create more problems.

Denial cannot solve debt. Rather, focus your mind on media that will empower and strengthen you. Watch stories of overcomers who faced financial ruin with courage and resiliency. Start with Walt Disney, Abraham Lincoln, Willie Nelson or George Foreman. You might be surprised at how many famous people faced financial fears and bankruptcy. They didn’t see big financial problems outside, they looked inward and saw big ideas then creatively got to work.

2) Mood

You can control your mood about finances by choosing to manage what you do with your emotions. If you dwell on things that make you worry you will feel miserable and powerless. Listen to the word **emotion** and drop the ‘E’. What’s left? MOTION. You have a choice with your feelings. They can build up, and then later blow up, or you can find ways to creatively release pressure which empower you.

Instead of sitting and worrying about money, (*which weakens your mood*), get moving and take positive action. You can do this without spending any money as you implement constructive actions like building new skills, deep breathing, prayer, meditation, exercise, journaling, or reaching out to friends who have come through tough times like the great recession. Listening to the stories of others who survived financial challenges can give you hope. That hope can become a powerful force to shatter self-destruction as you develop new strength.

3) Motivate

You can control your motivation by taking positive action. Being in a financial hole tends to rob the energy needed to get up and do the tasks that need to be done. The longer you sit alone in the dark feeling afraid about money, the further behind you will fall.

Get up and reach out for help. Work on your resume. Ask friends who is hiring. You are not alone in this recession - everyone is facing financial challenges. There are wonderful organizations and individuals who can guide you to a stronger place financially without condemning you or making you feel like a failure.

Check out success stories of the many people who overcame major debt at Financial Peace University, (www.DaveRamsey.com/FPU) or search for trusted financial guidance using recommendations from the Federal Trade Commission. <https://www.consumer.ftc.gov/articles/0153-choosing-credit-counselor>

Search cautiously since there are many who prey upon scared consumers during times of economic recession. You need positive information to stay motivated and take bold action, not hidden expenses from hustlers.

4) Morale

You can control your morale, and to some degree that of your family or coworkers who may be feeling overwhelmed financially. How? By not letting every conversation be about money woes. You can watch “*America’s Funniest Videos*” and laugh as people and their pets share the silly things only people and their pets can do. Breathe, then laugh again. It’s okay. Another way to boost morale is study positive people who overcame financial ruin to find financial freedom. Radio talk show host Dave Ramsey tells of how his family were bankrupt, foreclosed, and repossessed. “*Beans and rice – rice and beans*” was the mantra as they climbed out of major debt together. Get your family together. Cook meals at home instead of

worrying you don't have money to dine out. You can climb out of financial fears the same way with your friends and family if you remember the #1 rule of mountain climbers - Climb together – never alone.

5) Message

You can control the message you send out by facing the truth of your financial situation with courage instead of shame. You didn't fail – the economy did. Embrace the inner message that you will survive this recession, then begin to share it with others. Talk to your partner, older children (*skip this conversation with children younger than ten*) and close family about changes needed to gain financial breathing room. Work together by listing out expenses that could be trimmed quickly. Start first with monthly expenses you aren't using, like Facebook private groups, podcasts or apps that charge a monthly fee. Next look at gym, club or online memberships you rarely use. Pull up your bank and credit card statements to carefully see where your money goes. Research to see if your cellphone, cable or Internet contract can be switched to a less expensive plan.

Don't blame each other for the expense or attack that your partner is the problem instead of you. Stop it. The goal is to spend energy in a way to solve the debt – not create more stress. Build unity by facing the budget directly, then working together to figure it out. The number one reason people divorce in the United States is over money fights. Who knows, this approach could strengthen your relationship in the middle of a recession and bring peace back to your home.

Use your phone to negotiate instead of binge-watching Netflix

Don't sit passively and wait for your stimulus check to arrive. Take action to call or go online with every creditor to explore your options to manage the debt. Mortgage companies, automobile lenders, credit card companies and student loans can quickly be adjusted during a time of crisis. This financial

relief comes through deferment of payments or renegotiating the interest rate on the debt.

Positive action now will give you a sense of control of your finances, instead of it feeling like your finances are controlling you. Plus, it will help your family to grow along with you in battling recession, instead of facing your coronavirus financial fears all alone.

Stuffed emotional fears about finances can lead to desperation or isolation and gradual self-destruction. Sitting and watching Netflix all day will not make the bills go away. Sharing your financial concerns with your family will help you see that life is about more than money.

When you are honest about your worries it's likely your family members will start to talk about their fears and soon you will realize you are not facing a recession alone.

Money can't buy me love

COVID-19 will end one day. Medical professionals will find a cure and you will come out of this time either scared or stronger. Connected like fellow warriors, or shell-shocked with battle fatigue. You have a choice. You can make it the other side of a tough financial time by looking at the things which really matter in life, the things money can't buy.

Love, gratitude, forgiveness, peace, kindness, patience and hope. These qualities don't cost money – but are priceless gifts that make life more meaningful.

Healthy relationships can be one of your greatest defenses against the fears of recession. Immunity grows in healing relationships, which improve

during tough times if you face them together. During crisis times people either come together and rebuild or get isolated, bicker and begin to self-destruct.

You get to decide what your future will look like after COVID-19 is nothing but a memory. You can take bold action now and as you do expect feelings of peace to replace panic when facing financial stress. Emotional resiliency could be the greatest gift from this economic recession. Making memories together for free, instead of spending money to pass the time.

Economic recessions don't have to cause emotional ones

Self-discipline to face financial fears directly is a choice – one you get to make. Did you notice each of the five bold actions began with “*You can control*”?

That wasn't an accident – because economic recessions don't have to cause emotional ones. You can control your focus which is how you can control your finances. While you can't control the economy, you can manage the money you have with discipline.

You can boldly bring up conversations about spending to make a budget together. These actions don't require more cashflow – they just require courage.

Finally, to shatter the agony of slow self-destruction realize you don't have to be perfect to get through a financial challenge. But sometimes you must reach out to ask for help. You don't know it all financially because no one knows it all. That is not a sign of failure – that's a sign of being human. Nobody can get through a major crisis alone.

We need each other and we need to learn it is okay to ask for help. Your pride cannot fix a pandemic. It only leaves you feeling helpless and alone.

No one knows when the COVID recession will end, but you can know what to do next. You can face whatever comes in life with courage. You can learn it's okay to ask for help, and as able you can reach out to help others. It's a simple lesson little kids already know because they learned it on PBS.

Fred Rogers never faced a global pandemic, but he understood how to manage problems.

Listen to his practical advice given to children decades ago.

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors--in our own way, each one of us is a giver and a receiver." – Mr. Rogers

Self-destruction from financial fears can slowly erode your confidence and eventually ruin your health and life. You don't have to go there. You can control your choices with courage. Those choices may bring you to a better place on the other side of this recession because you are better.

Better because you decided to lean into the challenge with courage and greater self-worth. A worth more valuable than a global virus could ever take away.

Chapter 12

Suffering Alone from Covid-19 Stress?

Acceptance may be the solution

“Unprecedented” is how many describe COVID-19 because our culture has nothing to compare with the devastating levels of fear and change. The coronavirus crisis is different from other community crisis events like hurricanes, economic recessions, or mass shootings like the Pulse massacre because it just goes on and on.

This prolonged exposure to uncertainty, fears of being laid-off, coupled with trying to home school while working from home or searching for toilet paper and hand sanitizer can be mentally numbing. Not to mention the very real risk of a disease described by Surgeon General Jerome Adams as *“ten times more contagious than the flu.”*

The traumatic stress of coronavirus and the extended lock down can be emotionally overwhelming to many, especially the aged, children and those over-exposed to negative media. This pandemic has been one of the most stressful experiences many Americans have experienced, yet one of the greatest risks beyond contracting coronavirus are the huge spikes in emotional and mental pressures building during the shut-down.

Consider if any of these COVID stress symptoms apply-

- ***Panic about the future***
- ***Career anxiety about employment***
- ***Insurance loss if laid off and the possibility of no healthcare for your family***

- ***Financial ruin from mounting debts***
- ***Impulsive actions after weeks of lock down***
- ***Crushing loneliness from social isolation***
- ***Painful grief over no school graduations, family birthdays or vacations together***
- ***Missed connections with friends, coworkers, and aging family members***
- ***Feeling helpless and hopeless about the future***
- ***Physical exhaustion and mental depletion***

The coronavirus redefined reality as ‘*normal*’ died on March 11. That is the date the World Health Organization declared a global pandemic called Covid-19. There will be no ‘*new normal*’, after that date - only a new reality. Normal is over forever.

Why such a gloomy prediction?

It is based on how this extended global crisis has been overwhelming with stock markets crashing, entire industries like tourism and travel ceasing, never ending information and sad stories about the risk of disease compounded by confusing choices to make on complex financial issues like student loans, mortgages, health insurance and credit card debt. If these challenges were not enough, frustrated people are shouting their opinions and fears at you through every form of social media.

The Sky is not Falling

Have you noticed how many conspiracy theories have popped up? It’s like the children’s story of Chicken Little screaming “*the sky is falling*” when he didn’t have the full picture that was not the case. Crisis brings fear out of some people and the worst out of others. When things do not make sense, some people shift to blaming or attacking to feel in control of their situation by attempting to explain what is happening.

Bad information is better than no information they reason. Rumors abound right now about coronavirus being caused by 5G electromagnetic radiation, Big Pharma, or Bill Gates, (*who gave a Ted talk about pandemics in 2015*), another is the virus was created in a lab as a biological weapon to destroy the economy.

One of the wildest conspiracies is Covid -19 does not even exist – that it is only a rumor being used by government to take away individual freedoms. By the time you read this someone will have posted more rumors and wild conspiracies- make the decision now not to believe it.

Mostly because it will not make you feel better and will only take energy away from your primary goal in a major crisis. Staying safe and keeping your family safe.

Believe facts about COVID-19, not rumors. For trusted information to keep your family physically and medically safe visit:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Crisis comes in like a tsunami

Think of the pandemic as a monster sized wave of emotion.

A literal tsunami of fear, doubt, confusion, chaos, and change. The wave is coming fast – so what to do? No matter how fast you try to escape it – waves of painful emotions will catch you and try to pull you down.

How to not drown in this dangerous current of fear?

Breathe.

Stop thinking about all the fears and doubts and confusion of the past or future to think about flowing with the challenges of today only. Give up on fighting the surge of everything happening and changing at once. COVID-19 will end. This pandemic will be over one day. Scientists will find a vaccine and life will go on.

The danger for many people now is getting caught in the ‘rip current’ of emotions and being sucked down in the process.

No one was completely prepared for the emotional upheaval of a global pandemic. Not everyone was infected, but everyone was impacted. Young and old will feel a surge of emotions once the lock down is over and they

can gradually go back to previous routines like shopping, eating out or going to church. The emotional pressure will impact people differently

. Some will race to theme parks and beaches as if they were inmates being set free from prison. Others will be more cautious, perhaps even afraid to go outdoors even after Governor DeSantis says it is safe to do so. The surge of depressing emotions may keep them inside for some time to come. Fear can be immobilizing. Those feelings of distress can be dangerous and may come out in several ways.

Common reactions to covid-19 stress

1. Anxiety –

Which is the most common psychological reaction to a major crisis like this pandemic. These are uncertain times as governments, schools, stock markets, businesses and travel have temporarily ended.

It is normal to be concerned about the unknown and equally normal to want to feel back in control. To ignore dangerous situations is unhealthy since having a degree of fear will keep you safe, *(think of trying to cross a busy street at a crosswalk – you continually look both ways to not be hit by a car)*

. Continual exposure to fear can lead to worry and the inability to stop thinking about a worst-case scenario instead of thinking creatively to solve stress. Moving from fearful thinking to finding healthy alternatives to boost emotional energy can be sparked with something as simple as a deep breath.

“Breathe in faith - breathe out fear”

is a trusted process to accomplish that goal. Finding creative ways to release the anxiety is a better use of emotional energy and will lead to a positive outcome.

2. Anger –

Which can lead to violence and impulsive decisions. People who feel violated by the covid-19 lock down or being laid off often turn to dumping volcanic levels of anger to find relief for the pressure they feel inside. This

can lead to devastating decisions, abuse of the people they say they love, impulsive fits of rage or using the wrong words in front of their boss and losing a job during a recession. This can happen in men or women, young or old, as evidenced by the spike in 911 telephone calls to respond to domestic violence during the COVID lock down.

Anger tends to blow up fast and then blow out just as fast like a blast of hostility. Remember, a simmering pot will always boil over, so moody, and frustrated people need to be encouraged to find healthy outlets as to not hurt themselves or others. Quiet brooding anger is still anger and finding a healthy outlet through journaling or exercise is a better choice to stay mentally healthy without hurting others.

3. Apathy –

This is a more dangerous reaction since it can flow from feelings of distress to the early stages of depression or despair. Stuffing emotions inside is like burying them alive and they just keep building up, yet instead of blowing up and out, these people tend to blow all the pressures in.

They may act like a “*Superman*” who feels no pain, when in reality they have a “*Kryptonite*” of failures and fears tucked inside.

They may attack themselves as ‘dumb’ or ‘stupid’ for not buying enough toilet paper, or not seeing how coronavirus would change our world. Weeks of caregiving of kids, pets or elderly family can lead a person to feel emotionally numb.

This can cause some individuals to commit a series of very quiet, yet very harmful self-destructive acts.

Eating for comfort, drinking to numb the pain, addictions like gambling or pornography, or high-risk behavior like hooking up with the wrong partner to escape and ignore their uncertain future.

It is hard to face the changes in our country, but ignoring finances, refusing to answer the phone, closing the mini-blinds and checking out like a hermit hiding in a dark cave will not make the realities of COVID-19 go away.

Do the opposite to battle emotional numbness. Check your bank and credit card statements. Face creditors and reach back to friends texting or calling to check-in. You did not cause the crisis, but you can make the situation better by facing it.

What is the strongest choice to shatter COVID stress?

4. Acceptance -

COVID-19 is here, and you cannot escape. Our world is during a global health crisis and you must accept that to move forward with courage about whatever the future holds. You cannot change the reality of a pandemic, but you do not have to freak yourself out with speculative fears about a future apocalypse, which only makes things worse. Life will go on and your world will continue.

Learn from those who survived global crisis events like World War Two or the Great Depression. They faced the difficulty directly and found a way forward. You can too. Take a breath and think about peace instead of panic. Trust that others have faced impossible situations and found resilience and strength. Ignore the doomsayers and you will immediately find a deeper level of peace.

What happens on Wall Street isn't as important as what happens on your street. You cannot control what happens in a global pandemic, but you can practice healthy self-care to build mental wellness and strength despite the stress.

Taking care of you and your part of the world is a good place to start in moving forward. Remember the words of the serenity prayer that carries millions of people forward every day,

“God grant me the serenity to accept the things that I cannot change, Courage to change the things I can and Wisdom to know the difference.”

Let this journey through a pandemic be one of a growing sense of perspective. Waves, even giant ones will pass.

There will be school next year. Thanksgiving will still be at the end of November and you still will not like your aunt's fruitcake. Baseball will be back, along with football, basketball, golf, NASCAR, and love bugs.

When the dust of a major crisis settles your life will usually be about as good as you choose to make it.

You can breathe and face the new reality, or you can stay scared. Empowerment, mental strength, and resiliency grow when you face your fears directly.

This approach takes the power to control your moods away from an invisible virus so you can build a better life for you, your kids and family without losing sleep or energy.

You become bigger than your fears when you confront covid-19 stress with acceptance, peace, and courage. That is the great hope of the serenity prayer. Not that your circumstances changed, rather that you did.

Chapter 13

Psychological benefits of Pet Ownership during a Pandemic

Loneliness may be one of the hardest parts of social distancing during COVID-19 since people have limited access to co-workers, friends, or family. How can you feel connected when absent from your support system? One way is to enjoy the companionship of pets to avoid feelings of isolation which can elevate stress and weaken immunity.

Research shows that pets, particularly cats and dogs can reduce emotional pressure, anxiety, and depression. A four-legged friend can benefit you in other ways. For instance, walking a dog encourage exercise, boosts cardiovascular health, stimulates muscles, gets you out into sunshine for a dose of vitamin D, gives you a chance to wave at the neighbors, all while encouraging owners to exercise which is another proven way to remove negative emotions.

Studies have shown pet owners gain physically as well as emotionally. One experiment by the Research Center for Human-Animal Interaction found people who walked their dogs five days per week lost almost 15 pounds per year with no changes to diet.

Many reports have found owning a pet can provide significant health advantages.

Consider the following benefits of pet ownership-

- Lowers blood pressure and decreases respiration rate
- Lower cholesterol and triglyceride levels
- Higher levels of the neurotransmitter's serotonin and dopamine which calm the brain (*elevated during playtime with a dog or cat*)

- Heart attack survivors live longer if they own a pet than those without a pet
- Improves the ability to cope with pain
- Senior citizens who own pets make 30% fewer visits to their doctors
- Pet care creates structure and routine to fill the day with purposeful activity
- Have greater self-esteem, are more extraverted and less fearful
- Feel less rejection and loneliness than non-pet owners
- Even watching tropical fish can relax muscles and lower heart rate

Why do humans do better around pets?

Companionship, routine, connection, touch, attention, affection, and a host of other psychological needs are met while stroking, talking to, and caring for pets. Children, the aged, those with special needs all show marked improvement when interacting with pets.

Domesticated animals continually notice their humans, especially monitoring for non-verbal cues. While some of this behavior may be attributed to a dog seeking a treat or to go out for a walk, they are still tracking and noticing their owners' emotional state.

This trait was highlighted in the television series "*The Dog Whisperer*" with Cesar Millan. During each show Cesar revealed how dogs understand many of the words we use, and especially the tone of our voices, body posture and emotional state. It was not magic to understand how dogs can look deep into their owner's eyes and quickly determine what they are thinking or feeling, it was basic behavioral science.

This explains why some breeds can become strong and capable support animals. They notice and compensate for areas their owner may miss in their sensory environment. Trained Emotional Support Animals (*ESA's*) *can* provide significant comfort for their owners who may feel overwhelmed by stress or trauma.

Should you go out and get a pet during a lock down? "No" say experts. It is important to research what your lifestyle was before sheltering in place to figure out if pet ownership fits your schedule and budget. Different personalities attach through different types of pets, so if thinking about

adding a pet to your home, do your research first. Tropical fish are relaxing and do not have to be walked several times per day. Parrots can learn clever phrases but will not chew up your shoes and earning the purr of a cat is one of the simple joys in life.

Dogs are the most popular pet, (46.3 million American's have a dog while 38.9 million households' own cats according to the American Pet Products Association).

Someone you know owns a pet and can help you with the data you need to make a wise decision, so call them. Ask the hard questions. Gathering information on the type of pet you are considering before you move forward will give you understanding of all the responsibility involved and avoid disappointment from the pain of regret. Never purchase a pet for a child as a gift.

Talk to other members of your household and agree on the qualities you want in a pet and those you would prefer to avoid. In the case of dogs, there are dozens of breeds or mixed breeds, each offering a different blend of personality traits that may fit your home. The closer the fit, the greater the support.

Here is a list of questions to consider –

- Do you want an active dog or one that does not need a lot of exercise?
- Who will look after the dog?
- How much time will the dog spend alone each day?
- Are your children responsible enough to care for a dog?
- Do you intend to hire a dog walker or take the animal to doggie daycare?
- How big is your living space?
- Does your landlord allow pets, and if so what size?
- Do you have enough room for a large breed?

- Do you live with young children or someone frail or disabled who would do better with a small or gentle breed?
- How much shedding can you tolerate?
- Do you want a puppy that needs training and housebreaking or a full-grown dog that is already trained?

for more visit <https://www.humanesociety.org/>

There is a lot of time, money and work involved in caring for an animal so make decisions based on facts not sentimental feelings. Pet ownership is a major responsibility, and in the case of some pets like Amazon Parrots, it can be a fifty-year commitment.

Pet food is a continual expense, as are veterinary checkups, licenses, grooming, toys, treats and boarding fees. Pets can be destructive or if feeling threatened can scratch or bite. For those on a fixed income, or currently unemployed, ongoing pet expenses can become a major financial burden. For others who will return to work after lockdowns are lifted, there may be no free time to give a pet the attention they need.

Pet ownership is beneficial for those who have the energy, time, and money to care for a new addition to their home.

This is not a temporary cure for feelings of panic, or a quick fix to add comfort. If you have doubts – do not do it. Some people never envision they could become an *‘animal person’* which is fine. Trying to force a pet on someone during a pandemic – or any other time is a bad decision that will only create more stress.

Add to that the reality of feeling significant grief as you gradually lose a beloved companion because the animal gets weak or dies. Watch the film *‘Marley and Me’* with Jennifer Anniston and Owen Wilson to see what that traumatic experience is like on a family.

You may decide owning a leopard gecko or goldfish to be the easier path.

If pet ownership sounds too overwhelming right now, consider other creative options to enjoy part-time pet benefits. Offer to walk your neighbors' dog, or volunteer at a no-kill shelter.

Once the Centers for Disease Control, (www.CDC.gov) gives an *'all-clear'*, consider that many children's hospitals, schools and airports offer trained therapy dogs, cats and bunnies you can pet and stroke to reduce your feelings of stress and anxiety.

Some rescue groups offer pet *'rental'* programs or play dates to give the animal some human interaction for the day. You could foster a pet temporarily until they find a permanent home while enjoying the short-term benefits of being around an animal.

(A note of caution- many people who foster fall in love quickly with their new furry friend, so walk carefully should you choose to explore this option).

Every caring relationship in your life can add value and reduce stress but few are as comforting as connecting to a four-legged best friend who prevents loneliness while bringing a better quality of life. A cat, dog, miniature pony, or turtle may be in your future.

Just make sure it is forever and not just for a few months during the coronavirus crisis.

Chapter 14

How to develop Mental Toughness during the COVID-19 Crisis?

Develop healing rituals of resiliency through self-care

The unprecedented stress of COVID-19 requires diligent and daily patterns to manage. Some experts are calling the emotional pressure *'battlefield conditions'* and for many that is how they feel, they are in a battle every day and it's not getting better.

This pandemic could create traumatic stress for you and your family over a period of months, and the economic recession may negatively impact your family for years.

You must take action to manage the psychological pressure or you may be harmed by it. Dr. Mark Rosenberg is chairman of the emergency department at St. Joseph's Health in Paterson, NJ listen to how he described it in the New York Times.

"As the pandemic intensity seems to fade, so does the adrenaline. What's left are the emotions of dealing with the trauma and stress... There is a

wave of depression, letdown, true PTSD and a feeling of not caring anymore that is coming.”

Emergency room personnel must psychologically recharge every patient, every day. How do these first responders stay mentally and physically strong?

They are trained in active psychological recovery to continually recharge mentally and neurologically during times of intense and continual crisis.

You can learn the same skills to protect you and the people you love with daily recovery rituals designed to protect your health. This is important, so start now, start small and add a little to your self-care recovery plan every day.

Mental resilience will boost your immune system against disease and give you the mental toughness to face whatever is coming through these long months of recovery.

There are five primary categories to develop for a continual feeling of mental wellness. They are, physical, emotional, relational, behavioral, and spiritual. Here is a list of 60 strategies to consider adding to your daily routine to practice aggressive self-care.

Once you have mastered a category, expand your skills, and then encourage your friends and family to join you on a path out of the confusion and panic to move forward with new courage and strength.

You cannot stop the coronavirus from spreading, but you can take action to stop it from harming you psychologically. You do not have to stay stuck. You can move forward.

You can learn new skills and to quote Lee Ann Womack,

“I hope you never fear those mountains in the distance Never settle for the path of least resistance. I Hope You Dance”.

You can build inner strength even in the worst of circumstances with aggressive self-care.

Here is the path to get you started. It is your choice to walk it, or as you gain new strength, it may be your choice to dance.

Physical:

- Deep yoga style breathing
- Sleep, (7-9 hours)
- Sleep rituals- same time to wake up and go to bed
- Hydration throughout day
- Predictable daily schedule
- Healthy nutrition with regular mealtimes
- Low impact exercise
- Yoga/ Pilates/ Stretching
- Nutritional supplements
- Relaxation routines/massage or energizing naps
- Regular physical checkups, including blood work
- Medication, (*as prescribed by your physician*)

*“Rock bottom became the solid foundation in which I rebuilt my life.” –
J.K. Rowling*

Emotional:

- Esteem building exercises, especially with photos or images to spark positive memories
- Laughter/ Fun/ Playtime with children or pets
- Face anger, anxiety, and apathy directly and verbally
- Journal out negative emotions
- Let go of painful memories
- Say “NO” to your bad habits
- Talk through issues to help you get through issues
- Identify and process hurtful emotions, especially feelings of grief or loss
- Write out disappointment or regret, (*then tear it up- this journaling exercise is to free you from emotional pressure – not start a fight on social media*)

“Turn your wounds into wisdom.” – Oprah Winfrey

Relational:

- Face relationship issues
- Voice your needs to others
- Confront conflict directly
- Connect with friends/family
- Share your burdens with others
- Join a support group
- Utilize counseling supports
- Join a hobby group which involves others
- Say “NO” to manipulative behavior
- Hugs/ affection, (*from pets or people*)
- Learn the love language of those close to you and let them know your needs

“No one escapes pain, fear, and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength - if we have the virtue of resilience.” – Eric Greitens

Behavioral:

- Daily planning time
- Utilize organizational planners
- Short term goals
- Daily hobbies for enjoyment
- Creative activities for relaxation
- Develop victory list of accomplishments
- Create a bucket list of lifetime goals
- Reading for personal development
- “Pay it forward” to do good for others
- Learn something new everyday
- Take on new challenges
- Leave work stress at work
- Take a training course to gain new knowledge and skills

“That which does not kill us makes us stronger.” – Friedrich Nietzsche

Spiritual:

- Reading for inspiration
- Meditation
- Listen to inspirational music
- Forgive those who have wronged you and forgive yourself
- Watch spiritual development classes to deepen your soul
- Watch inspirational services online
- Make prayer a regular part of your day
- Memorize scriptures to inspire and develop your mind
- Remember, *“Things come to pass – not stay”*
- Re-create spiritual peace in quiet places
- Build spiritual strength through meaningful experiences
- Attend prayer vigils to experience greater community connection
- Observe a day of rest and digital detox
- Get in touch with nature
- Visit a bike trail, park, lake, beach, or hike a nature trail
- List things you are most grateful for and add to your list every day.
- Start now _____

Chapter 15

“Normal” is a setting on your dryer

Post-Covid recovery is about resiliency not normalcy

The coronavirus lock-down has been the longest forced shutdown in modern history, and was successful to slow the physical spread of the disease.

Shutdowns through early April prevented 60 million US coronavirus infections, a study quoted on CNN reported.

<https://www.cnn.com/2020/06/08/health/coronavirus-shutdowns-effective-study-wellness-bn/index.html>

However, for many the extended time of lock down created a mental health crisis. Being isolated from friends or family, sheltering in place for months, being removed from school/work routines, unemployment, months of lost income, fear of going out for routine medical visits, or not having medical coverage to visit a doctor because of losing insurance coverage after lay-off. These and many other factors elevate feelings of helplessness and will complicate the long recovery ahead.

Adding to the stress was the news that the United States economy is officially in recession

<https://www.nytimes.com/2020/06/08/business/economy/us-economy-recession-2020.html>

which may cause many people to slide further into feelings of desperation and anxiety.

How long until things get back to “Normal”?

Human brains draw comfort from predictability and normalcy. Since the pandemic was declared on March 10, 2020 the normal day-to-day functioning of going to work, dropping the kids off at school or going out to the movies on a Friday night completely ended. As more of typical daily life was silenced, more negative psychological pressure began to build.

Months of isolation creates additional pressure, which is magnified by a age, a person’s previous experience facing crisis, access to supports and most significantly how much stress a person already had in their life before the order to shelter in place.

The more stress someone had in their life prior to the shutdown, the longer it takes to recover.

Feeling overwhelmed is a common reaction to the additional stress of managing daily life coupled with the rise of unexpected expenses and uncertain future.

A recent survey from the Centers for Disease Control revealed almost a third of Americans have reported increased anxiety or depression symptoms during the pandemic, especially women, the young, the less educated and some minority groups.

The most important thing to focus on in managing the coronavirus crisis is this:

“DON’T MAKE A BAD SITUATION WORSE!”

The next few months may be even more challenging, so it is important to keep this single thought in mind as you begin to sort through the process of stabilizing and then rebuilding the normal life routines you had before the

pandemic. When you get focused on rebuilding, you will be able to spend your energy in productive ways instead of being worried or afraid.

Dealing directly with your fears and insecurities can reduce tension, because when emotions build up in a crisis they can quickly blow up, which makes an already difficult situation worse.

Acting now will allow you to move from feeling the stress and confusion-toward experiencing the focused energy of rebuilding an even stronger life for you and your family after the pandemic passes.

To emotionally manage the coronavirus crisis, you need a strong combination of three key elements.

- **Healthy coping skills**
- **Healthy supports and a**
- **Healthy perspective of how to rebuild after a crisis**

While things will never be the same as before COVID-19, these guidelines can provide you the steps necessary to get past the stress and to find even greater strength on the other side of this stressful time. Here are some immediate ways to restore stability back into your life after the chaos and confusion building during the coronavirus shutdown.

1) Reconnect in relationships –

You cannot get through a crisis alone. Since everyone is impacted differently, it is important to talk about the stress and pressure you are feeling with the people closest to you. Reach out to friends and family as soon as possible, and call people you have not heard from in a while.

Checking in to ask if they are okay will take a few minutes, but it will empower and help both of you. These ‘check-in’ times allow each of you to talk about what you experienced through the shutdown and how you got through it.

Tremendous connection can occur when you go through a crisis with another person, so this is an especially good time to reach out to friends or family who may have drifted away from your closest circle of relationships.

Take action to reach out to people with words of encouragement and support, but do not wait for someone else to text, call or email you- because their phone may not work from lack of money to pay their cell phone bill since being laid-off. Go onto Facebook or Twitter to seek them out if you do not hear back.

Keep reaching out to reconnect the relationship because it will encourage both of you during the long recovery process.

2) Rebuild your routines-

Perhaps the most important factors to find ‘normal’ again is to have a regular bedtime and when you get up to make your bed.

Kids and adults draw tremendous strength and security from a structured daily routine.

Bedtime, dinnertime, getting up to go to school, or work- even if it’s on Zoom, or watching worship services streaming on Facebook Live from your house of faith will help you to regain strength quickly. Identify the typical routines you had before the shutdown- then get back to them as soon as possible.

If your gym isn’t open, do the same exercises you would do. You can take empty milk jugs and fill with sand or water to create simple weights at home.

If you are staying with family members, stick with the rituals you typically followed before the shutdown that made up your daily lifestyle. The more you can create a schedule, the more you can feel the predictability of previous patterns regardless of the stressful changes happening around you.

Human beings do well with predictable human behavior. Breakfast, lunch, dinner at the same times, blocks of time for reading, studying, reading emails, or watching Netflix.

Predictable schedules will speed the feelings of being back in control of something. While you cannot control a global economy – you can control

breakfast, lunch, and dinner at the same time, and you can still brush and floss before you take a shower.

Predictable routines are healing. Start some now.

3) Reach out in faith-

In times of crisis many people turn to the spiritual power of prayer. Spiritual resilience is built during the toughest of times because there is tremendous strength in knowing what you believe and living in harmony with those beliefs. Plugging into a faith system during this crisis will allow you to release anxiety over the things you feel like you cannot control. Dedicate a few minutes each day to quiet meditation and reflection on what matters most. This is especially important when you or your children may feel lost, alone, or afraid. Plus, many houses of faith have shutdown support teams, support services and even financial assistance available to help people cope with crisis.

People of many faith systems believe in helping their neighbors, so avoid the tendency of being “*too proud*” to ask for assistance. Having a committed personal faith combined with the connection of a local house of worship can give you a tremendous sense of community to get through this pandemic as well as unexpected crisis events to come.

4) Retell your story-

Silence is not golden in a critical incident, rather, it is dangerous. One of the best things you can do to help yourself and help others is to tell your recovery story.

Talk about where you were when the pandemic was announced. Talk about how your family managed months of being forced to shelter in place. Talk about how you and your loved ones made it through the times of isolation to the other side. Keep talking and make it a point to listen carefully as you hear the stories of others who survived this phase of the pandemic. Sharing stories of hope and recovery are important for everyone, kids,

grandparents, mom, dads, employees, employers, firefighters, police officers, nurses, teachers, students and on and on.

Everyone has a story about surviving the shutdown and sharing that story will help them heal and may give you a chance to connect with your family, neighbors, and co-workers in a powerful way. If you are a person of faith remember to reach out to your own pastor, priest, rabbi, or spiritual advisor since many times they are so busy listening to the needs of others, that they never take time for themselves. Check in with them as fellow humans in a time of crisis – we are all in this time of recovery together.

Young and old benefit from hearing about how you may have survived previous crisis events. Living through the terrorist attacks of 9/11, or a school shooting, or a natural disaster or stock market crash during the great recession gives insight about tough times.

There is tremendous power in telling your story; healing power for you and helpful power for others who will gain insight and strength by hearing how creative people become through times of crisis. As you share what got you through previous crisis events, it will make it easier for other family members or coworkers to talk about their stressful feelings as well.

“If you talk through it, you can get through it.”

Things will never be the same as before, but life will go on and we can rebuild and get through it better together. Telling your story now will give you additional strength as well as connect you to the neighbors and friends as they share their story with you.

Where can we find courage to face the long recovery?

Stress can lead you to a greater strength. We will make it through COVID-19 as a community and we will survive better if we learn the lesson of the California Redwoods.

These massive trees are over 300 feet high, yet only have root systems of 4-5 feet deep. Why don't they fall over in a gentle breeze? Simple. The mighty Redwoods never grow alone.

They link their roots together and withstand ten times the stress and pressure because they do not stand alone.

They stand together.

They need each other to stand strong and so do we.

This crisis has given our community a chance to stand strong, just like the Redwoods. This could be a season to get focused, build healthy coping skills into daily life and be surrounded by strong people who have the heart and resources to stand firm by living out what they believe.

It doesn't matter the size of the crisis, and it doesn't matter the stage of life you may be in right now, because you can move from experiencing dangerous levels of stress to finding resiliency at any age. You do not have to wait for '*normal*' to show up, you can start building it again right now.

During a pandemic it is essential to build mental resilience. There are common emotions and behaviors associated with stress and burnout.

The same is true for resiliency, there are emotions and behaviors that can identify how well a person is functioning. Here are some levels to use in mapping out how to build mental strength during stressful times.

How Mentally Resilient are you?

Select which words best describes your current mental and emotional health

— **Thriving (*functioning at 100% maximum capacity*)**

- Fulfilled / Meaningful / Purposeful / Energetic
- Strong / Empowered / Driven / Focused
- Growing / Developing / Learning / Expanding
- Contented / Peaceful / Calm / Patient
- Disciplined / Motivated / Self-Controlled
- Self-Aware / Insightful / Practical / Responsible
- Comfortable / Stable / Relaxed / Happy

— **Average (*functioning at 50% capacity*)**

- Stressed / Moody / Irritated / Frustrated / Angry
- Critical / Complaining / Blaming / Irresponsible
- Weak / Exhausted / Depleted / Overwhelmed
- Anxious / Depressed / Panicked / Fearful
- Rage / Attacking / Condemning / Infuriated
- Self-Destructive Habits (*smoking, drinking, food, spending*)
- Wounded / Shattered / Failing / Despairing
- Addictions (*gambling, pornography, drugs, affairs, alcohol*)
- Sick / Illness / Diseased / Despondent / Hopeless
- Break with Reality / Delusions / Hallucinations
- **Self-Harm / Suicidal / Homicidal**
- **Dying / Fading / Sinking (*functioning at 0% capacity*)**

APPENDIX

Of COVID recovery tools written at
different stages of the pandemic

March 2020

Pandemic Panic may be more dangerous than the Virus

*You cannot stop global fear of a
pandemic - but you can boost your
immunity with proven psychological
strategy*

Coronavirus is a real disease. It can kill you. You don't have to speed the process with what is called '*pandemic panic*'.

Fact - COVID-19 is being tracked globally and in over half of states, with the highest concentration in New York, Washington, Arizona, California, Florida, Illinois, Massachusetts, Oregon, Rhode Island, Oregon and Wisconsin. Over 1300 people have been diagnosed with the disease in the United States, and over forty have died. (*as of this writing 03/13/2020*)

Fiction – we are all going to die.

People are terrified if corona virus, “***Disease X***” as some call it, might become like the Spanish Flu pandemic which killed 50 million 100 years ago. COVID-19 is on the news continually and in daily conversations at work, school, church, social media and with neighbors. Travel bans are in place, major conferences, concerts and events shut down, school are closing, the NBA cancelled their season, so did NHL and NCAA/March Madness. Tom Hanks and Rita Wilson are in quarantine, Walt Disney World, Disneyland, Universal Studios, Sea World, Cruise Lines and major conferences like SXSW are closed or cancelled.

Blocking large groups of people from the risk of infection is socially responsible but cancelling a can still cause tremendous feelings of fear.

What next?

A viral disease has gone viral, and not in a good way.

Fiction is the problem fueling '*pandemic panic*.' Reading gossip on the Internet or conversations with coworkers about rumors can ramp up panic. In the absence of information people tend to make things up from their own fears and biases.

Thankfully there are proven safety steps to protect you and your family physically, (*outlined from www.CDC.gov below*), but to aggressively stop the virus start with the psychological. Start by managing the feelings.

Stress will shatter your immunity system.

Stop talking only about the illness and stop living in constant fear. It is a real disease, it is a dangerous disease, but it is made **worse with worry**. The more you stress the weaker your body becomes and the greater risk you are.

America's best-known psychiatrist, Dr. Daniel Amen says, "Freaking out about a potential pandemic raises stress levels, which actually hurts your immune system and makes you more vulnerable to infections."

Want to supercharge your immunity system? Focus on positivity over fear. The more you laugh, the more you meditate on scripture, the more you practice diaphragmatic breathing, the more you pray – the stronger your immunity grows. Breathe. Trust. Believe. That's how to increase faith over fear. Dr. Mehmet Oz was asked how to address chronic fears about this global disease on NBC's Today show. His advice was practical. "Practice good sleep hygiene, exercise and try to mediate. Meditation can help to reduce stress on your immune system. Consider adding vitamin D, C, zinc and elderberry supplements, as well as loading up on healthy fruits and vegetables.

Easy to do in my matcha green tea smoothie," (*recipes are available at www.today.com*)

He also noted people are asking if they should avoid going out in public due to the corona virus, and he urged people toward common sense. "Live your life," he said. "Do not live your life with fear. Live it with joy and kindness."

Should you panic?

"No", says US Surgeon General Dr. Jerome Adams, listen to his words of caution, - "I want folks to understand that we knew this was coming, we told folks that this was going to happen and it is why we've been preaching preparedness from the very start. Caution is appropriate. Preparedness is appropriate. Panic is not."

To run to CVS or Walgreens to stock up on face masks won't help either according to CDC.gov, the nation's website for all things health related.

Dr. Jerome Adams even posted on @Twitter “Stop buying masks. They could actually increase your coronavirus risk”. So what will help you or your loved ones? **Talk. Talk about wellness instead of illness.**

Talk about how to face cold and flu season with a fact-based approach, instead of operating out of fear. Talk about how every single day matters, and how to make every single day count by practicing good physical and mental health. Talk about your love for one another and how you will care for one another no matter what happens. Talk about family and faith and love and laughter – not fear. Fear weakens. Faith builds.

Talk in healing community since immunity is boosted through community. Let me say that again.

Immunity is boosted through community – small groups of safe people who can talk about anything have stronger immunity systems and experience greater meaning in life. *(see fascinating research on how being involved in a healthy community can strengthen your immunity system and prolong your life in Harvard researcher Robert Putnam’s book, “Bowling Alone”).*

There are five categories of health and wellness. These are the elements that keep our human body protected by a magnificent immunity system and flowing with health.

Combined, these categories can keep you and your loved ones safe from disease as you practice the basics of physical health for strength including sleep, nutrition, hydration, exercise, hygiene and deep breathing.

Breathing in while counting blessings is a good way to eliminate the fear of a virus. Physical wellness then adding positive coping skills in the other areas that boost immunity - emotional, relational, behavioral and spiritual. Once you feel empowered and strong you can go ‘viral’ by sharing with everyone you know on how to achieve mental wellness and psychological strength. Shift from living in fear to living in faith by living a life of inner strength.

Meditate on the ancient scripture which carried millions of people through the Spanish Flu a hundred years ago, “*Whenever I am afraid I will trust in you.*” (Psalm 56:3)

Breathe in faith – exhale fear.
Breathe in blessings – exhale panic.

Breathe in wellness for you and those you love with these proven measures to boost immunity, then as an act of kindness to others trapped in fear. The way to shatter pandemic panic is by building inner peace. Pass it on.

Supercharge your Immunity with these practical steps

Physical:

- Sleep, (7-9 hours)
- Sleep rituals- Same time to wake up and go to bed
- Predictable daily schedule
- Healthy Diet with Regular mealtimes
- Hydration throughout day
- Nutritional supplements
- Low impact exercise
- Yoga/Pilates/Stretching
- Deep breathing
- Relaxation routines/massage or energizing naps
- Regular physical checkups, including blood work
- Medication, (*as prescribed by your physician*)

Emotional:

- Esteem building exercises, especially with photos or images
- Laughter/Fun/Playtime
- Face anger, anxiety and apathy directly
- Journal out negative emotions
- Let go of painful memories 8 www.LifeworksGroup.org

- Say “NO” to bad habits
- Talk through issues to get through issues
- Identify and process hurtful emotions
- Write letters to vent out disappointment or regret, (*then tear them up- this is to free you – not start a fight on FB!*)

Relational:

- Face relationship issues
- Voice your needs to others
- Confront conflict directly
- Connect with friends/family
- Share your burdens with others
- Join a support group
- Utilize counseling supports
- Join a hobby group which involves others
- Say “NO” to manipulative behavior
- Hugs/affection, (*from pets or people*)
- Learn the love language of those close to you and let them know your needs as well

Behavioral:

- Daily planning time
- Utilize organizational planners
- Short term goals
- Daily hobbies for enjoyment
- Creative activities for relaxation
- Develop victory list of accomplishments
- Create a bucket list of lifetime goals
- Reading for personal development
- “*Pay it forward*” to do good for others
- Learn something new everyday
- Take on new challenges
- Leave work stress at work
- Take a training course to gain new knowledge and skills

Spiritual:

- Reading for inspiration
- Meditation
- Listen to inspirational music
- Volunteer to help others

- Forgive those who have wronged you and forgive yourself
- Attend spiritual development classes to deepen your soul
- Attend inspirational services
- Make prayer a regular part of your day
- Memorize scriptures to inspire and develop your mind
- Remember, “*Things come to pass – not stay*”
- Re-create spiritual peace in quiet places
- Build spiritual strength through meaningful experiences
- Attend prayer vigils to experience greater community connection
- Observe a day of rest
- Get in touch with nature
- Visit a bike trail, park, lake, beach or hike a mountain trail

CDC.gov Medical Prevention and Treatment of coronavirus disease (COVID-19)

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

-

For more to keep your family physically and medically safe visit:
<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

or to find trusted information on the spread of the virus access the active link of COVID-19 cases at the John Hopkins University medical website.

DO NOT DOWNLOAD look-a-likes of the JHU website... those are spam. Here is the actual link, <https://coronavirus.jhu.edu/map.html> or if unsure simply visit www.CDC.gov since managing COVID/19 is challenging enough without cyber-attacks.

April 2020

Parenting your aging parents through Coronavirus

*How do you get aging parents to cooperate
with taking coronavirus seriously when
they don't think they are old?*

It's happening nationally but especially noticeable in Florida with an older population. Baby Boomer parents, (*people born between 1945 and 1964*), who don't feel 'old' even when their driver license says otherwise. Even though AARP and the Centers for Disease Control have warned certain populations are at higher risk for this disease, some youthful senior citizens don't want to heed this life-saving medical advice.

Is this bravado and courage from the boomer generation who have seen global wars, recessions terrorist attacks and natural disasters; or simply a fear of admitting getting older? It doesn't matter - greater exposure to coronavirus will set your parents up for the disease. Social distance and aggressive infection control are necessary to stop the spread. Not pulling back from crowds of people is unsafe for all ages, particularly for those over the age of 60.

Many experts, including Jay C. Butler, M.D., deputy director for infectious diseases at the Centers for Disease Control in Atlanta urge senior adults to take bold action to protect their own health in this interactive AARP tele-town hall meeting.

<https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html?intcmp=AE-HP-LL1>

Perhaps share the link with your relatives to open a conversation about disease prevention.

What can you do to help your aging relatives?

Stop arguing about opinions and focus on facts. Find relevant data on the harsh realities of this pandemic at www.Coronavirus.gov or www.worldometer.info to have a fact based conversation. Coronavirus risks are not about age; it's about protecting health and wellness. Instead of 'proving' that someone is or isn't old focus on responsible action to add more productive years of living. Yes, there is such a thing as *'young at heart'* or *'you're only as old as you feel'* but a positive attitude cannot change actual age.

Avoid getting drawn into the conversation that other viruses like SARS or MERS or even the seasonal flu is just as dangerous as COVID_19.

University of Texas Medical immunologist Vineet Menachery says it's about multiple factors beyond age, such as immunity, preexisting conditions or chronic health factors. The more of these variables, the more susceptible to disease and risk of death.

He said, "During the original SARS outbreak the lethality rate for the overall number of cases was ten percent, but that lethality rate jumped to over fifty percent in people over the age of fifty." Why? Dr. Menachery went on to explain, "As you get older your lungs are not as elastic or as resilient as when you're younger. Those kinds of things coupled with any kind of health issue you might have trend toward a loss of airway function and respiratory function."

Coronavirus is an immediate threat, but remember, the seasonal flu remains at elevated levels across much of the country, affecting an estimated 36 million people so far this season and resulting in at least 370,000 hospitalizations, most among those 65 and older, plus 22,000 deaths. The greater the risks of any infection or disease, the greater the risk to your aging family members as hospitals may become overwhelmed with COVID_19 patients.

Disease spreads quickly in denial

Finding courage to speak boldly might shatter the denial of age to urge your aging parents to take social distance seriously. Perhaps laughter can open up a conversation with your aging family member. Author Max Brooks took that conversation viral with this Twitter post, advising people not to kill his father Mel Brooks, Dick Van Dyke and Carl Reiner

<https://twitter.com/maxbrooksauthor/status/1239624352305303552>

Even though they may not listen to their adult child, it's unlikely they would be willing to kill #MelBrooks #DickVanDyke #CarlReiner

Show how withdrawal from crowds for a few weeks could be the way to keep 250 years of comic genius alive. If they won't do it for you as their adult child – maybe they will do it for Mel.

We will laugh again easier if we all stay healthy.

Pass it on.

May 2020

WWWD- what would Walt do about padlocked theme parks?

An open letter to unemployed Disney Cast

Dear Furloughed Disney Cast Members,

Recession can be terrifying, and crisis will test what you believe. Our country is spiraling toward an economic recession resulting from COVID-19 and you can't stop it – but you can stop an emotional one.

You did not fail; you faithfully served a hospitality company that doesn't have any guests to show hospitality toward right now. A publicly traded company is on hold because a country is on lockdown. But what happens on Wall Street is not as important as what happens on your street.

Even now your fellow Cast Members are finding artistic ways to build social connections during social distancing. Some creatives are sharing how they are learning new skills on Masterclass or LinkedIn by shifting from 'shelter in place' to 'strengthen in place'.

They will emerge from this time better equipped to serve future guests. As lockdown ends some will come out with new skills, strength, connection, and resilience. Others will come out shell-shocked and scared. It's all about what you believe.

If you have studied Disney history you know how Walt continually faced economic crisis and each time he got more creative. When he first drew

Mickey Mouse he was facing bankruptcy on the outside, while building a better future on the inside. If you described this process, it would involve asking “*What Would Walt Do?*” (*WWWD?*). Because Walt Disney was genius at perspective. The more pressure, the more creative he became.

It’s like an old poem. “*Two men looked through prison bars – one saw the mud – the other saw the stars.*”

Each economic crisis squeezed imagination out of Walt and the nine old men, (*the term he called his most skilled animators*). The Great Depression caused some film companies to fold up. It led Walt to find Snow White, Seven Dwarfs and invent Mickey Mouse wristwatches. A recession can destroy – or develop.

Americans may not agree on much – but they stand united in facing a crisis. Blue states/ red states become “United States” during California fires, Oklahoma tornadoes and Florida hurricanes. After the storm people come together to rebuild. Tragedy can shatter a community – or connect it. Orlando was divided before the Pulse attack. Then became #OrlandoUnited as people stood together to heal. We will find our way there again.

Pre-crisis people fight about opinions. In a crisis it is all about survival and then post-crisis - it is about opportunity. You always have options and opportunities. Viktor Frankel, Nelson Mandela, John McCain, Harriet Tubman and more strengthened when locked down because they always looked up, they saw the stars. That was their story. It can inspire you to see things in your story too.

The biggest question now is, “What do you see?”

Walt Disney never seemed to notice the bankers and lenders standing in line to shut down his dream, (*he had his brother Roy for that*). Nope, he saw something bigger than money – he saw magic. And I believe he will live on through your fellow Disney cast members who have not lost the magic. They will come together with faith, trust and a little bit of pixie dust and they will rebuild.

Creative souls get better in a crisis. Right now, someone is figuring out how to guide people through queues while actively protecting the health of every guest. Graphic designers are crafting amazing face masks and hand-

sanitizer carriers. Safety was a core value for Walt, so was cleanliness. A virus may slow down the Disney company, but it cannot stop it. You cannot stop creative energy, but you do have to look up and move forward, or to quote wisdom from a favorite Disney character, "*Just keep swimming!*", (*Dory in 'Finding Nemo'*)

My favorite memories are standing on Main Street USA watching fireworks over Cinderella's castle with family. Looking up at the sky and being thankful for so many things. Those fireworks were always there when I was a kid growing up here in Orlando, and they will be there again. I still believe in the magic, do you?

June 2020

Can Sports ‘heal’ Coronavirus Stress?

How the 2020 NFL Draft is the most important in US History

Coronavirus has redefined our lives in hundreds of ways, but one overlooked part is the loss of sports.

No baseball, football, soccer, basketball, Olympics, lacrosse, NASCAR, frisbee golf, nothing.

If you think ‘*big deal, it’s just a game*’ you are missing the healing element of sports. An element that might heal our community at the deepest level. You see, sports is more than just watching. Sports is about connecting, and connection is a powerful force to create an endorphin level that can boost your immune system.

Professional sports were shut down during the pandemic to stop the spread of disease which was a responsible move. Stadiums full of people who might not practice CDC approved social distancing had to be temporarily shut down. People could still go outside to exercise alone, but it’s doesn’t give the same psychological benefit as being on a team or watching a team with others.

Team sports create deep friendships and camaraderie among the players, and often an equally strong connection among fans. Something significant happens in a ballfield cheering for the home team.

Why do complete strangers stand up and sway together during the seventh inning stretch? Connection.

Why do we stand with hats off to hear the national anthem sung by local talent before an Orlando City game and still mist up with tears when the color guard raises the flag? Connection.

Being part of something bigger than you is healing. To be part of a community pulling together can transform hearts and minds toward a common goal. You see, during a crisis there aren't blue states or red states – there's just United States.

We saw that in Orlando after the Pulse Nightclub massacre. Orlando became #OrlandoUnited because we were united around a common cause. That same connection happens when the whole community is cheering for UCF to win a championship or to see who sinks the final putt during the Arnold Palmer Golf Classic at Bay Hill or wins the checkered flag at Daytona.

Florida is famous for a lot of things. Theme Parks, Beaches, Cruise Ships, Convention Centers – but it is also famous for MLB baseballs spring training. How can sports come back? There will be a way. Creative people will find a way to prevent disease while bringing back the connectivity of sports. Consider how FOCO already designed face masks with NBA logos, (*you can get them in a three-pack*). Wait ten minutes to see how the creatives at the University of Florida or Florida State follow suit. Personally, I can't wait to see my favorite Disney characters on creative facemasks (*I shall stick with classic Mickey*).

Coronavirus cannot stop sports – especially college sports. Once upon a time players didn't wear helmets in baseball, football players didn't wear mouthguards, golfers didn't apply sunscreen, stockcar drivers didn't wear seatbelts. Times changed to create safety standards – coaches' players and fans changed once, they will again.

As an example, consider the NFL 2020 draft on April 23, 2020. Perhaps the most watched moment in modern sports history. Fans have been waiting for weeks to see something – anything that reminds them of 'old normal' and the draft will accomplish that. It is not about the players selected in the second round by the Dallas Cowboys or Philadelphia Eagles. Not this year.

No, it will be about the shared experience as a fatigued country has something else to focus on besides feeling locked down with no certainty of any normal activities ever returning.

If that still doesn't make sense to you, sit the sports 'nut' in your family down to open up some powerful connections with powerful conversations. This process will deepen your relationship and might cause you to want to watch the draft with them.

- Why sports?
- Why this team?
- What brings you pleasure in watching?
- What memories does watching this team bring up for you?
- How does this sport take you back to something simple or significant in your childhood?
- How can we connect with you better as a family to share that experience together? (*For instance, tailgating, grilling food, talking about player stats or stories about previous players who overcame adversity - their lives and hopes and dreams*).

That's why this is the most important draft in United States history. The one that ends COVID-19 isolation for sports fans. The one that breaks the mold and allows sports fans a chance to think about something other than global pandemics or recession. It's a chance to be together for something truly and uniquely American - how we connect through shared values and community spirit reflected by our hometown teams.

Many sports are watched by men more than women, perhaps because men can feel powerful emotions without fear of stigma. Cheering, connecting, expressing a surge of emotion is not a male/female thing – because competition is more than just a game –it's the beginning of healing for the soul. Clinical research shows there is a boost to the metabolic functions while exercising, and an emotional boost while watching competitive sports. This boost can help prevent depression, it can strengthen immunity and reduce stress and can lessen or remove physical pain. Couldn't we all use a dose of that right now?

When Tom Brady suits up as a Tampa Bay Buccaneer this fall he won't be alone. Thousands of fans will practice social distancing, while cheering for a new chapter in Tom's career. Fans who may feel like the luckiest people on

earth to be back in a ballfield sharing community together. Fans who know there will always be a country, and it will always be better because of shared values that connect and heal. That's the value of sports and how it can open the door for deep emotional connection and healing.

One of the greatest moments in history happened on July 4, 1939 when Lou Gehrig stood and proclaimed he was the “Luckiest Man” in a speech given to a packed crowd at Yankee Stadium, (*which is still considered the greatest speech in sports history*).

The famed Iron Horse of baseball knew he was sick, but didn't know he was dying from ALS. He knew how to press on and played a record 2130 consecutive games for the Yankees. Listen to what he said.

“Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of the earth. I have been in ballparks for seventeen years and have never received anything but kindness and encouragement from you fans...When the New York Giants, a team you would give your right arm to beat, and vice versa, sends you a gift—that's something. When everybody down to the groundskeepers and those boys in white coats remember you with trophies — that's something. When you have a wonderful mother-in-law who takes sides with you in squabbles with her own daughter — that's something. When you have a father and a mother who work all their lives so that you can have an education and build your body—it's a blessing. When you have a wife who has been a tower of strength and shown more courage than you dreamed existed — that's the finest I know. So I close in saying that I might have been given a bad break, but I've got an awful lot to live for. Thank you.”

Watch Lou Gehrig's speech here.

<https://www.youtube.com/watch?v=nNLKPaThYkE>

Singing “take me out to the ballgame” during the seventh inning stretch carried a depleted nation out of a Great Depression, two World Wars and everything else in between. When you sing that song next time you will feel a special connection to community. It's about deep gratitude of being part of something bigger.

It's not about grief of what we lost during the coronavirus shut down. It's about deep gratitude of being alive and being part of something bigger than yourself. Joining a community at a ballfield and hearing an umpire shout, "Play Ball" Except the next time you have that shared experience you will feel a little bit like Lou Gehrig.

You will feel like the luckiest man or the luckiest woman because we survived COVID-19 together and we are beginning the new chapter of community connection together.



About the Author

Dwight Bain is a Nationally Certified Counselor who writes on managing crisis to create positive change.

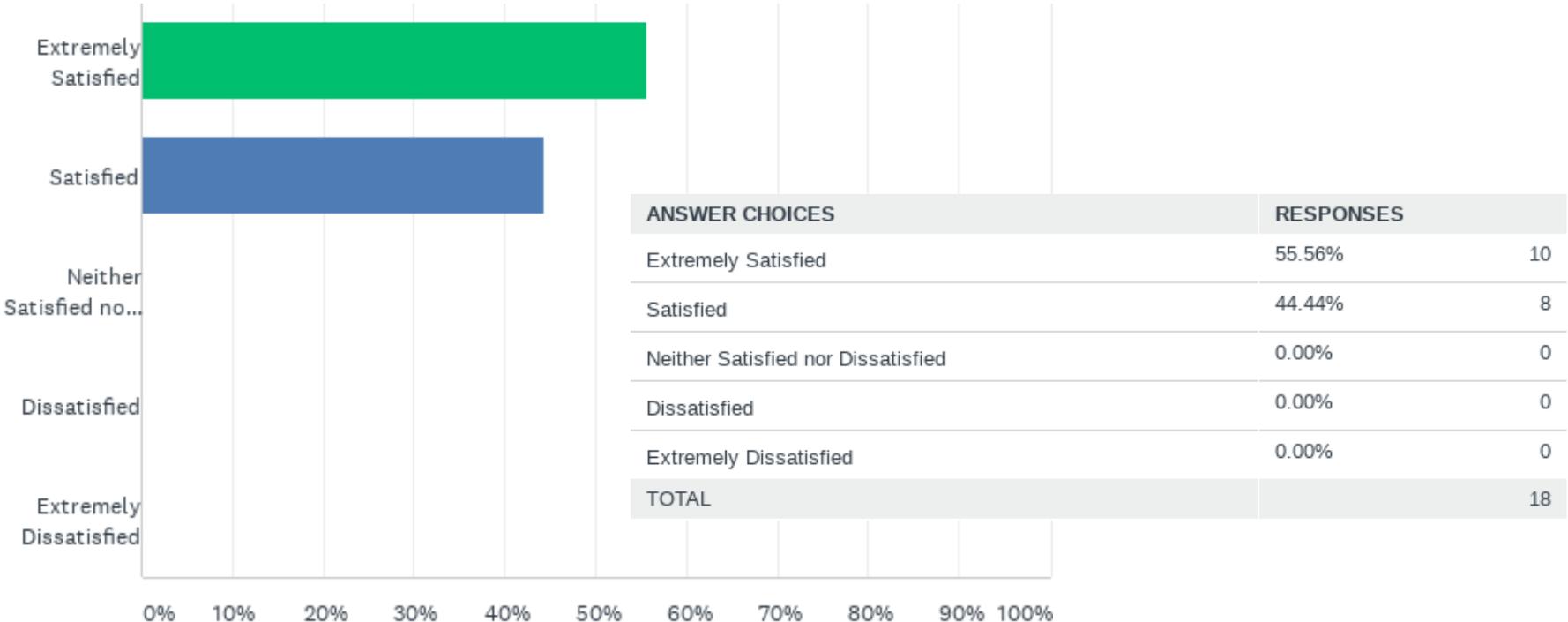
He lives in Orlando with his wife of thirty-five years, two kids and four cats.

Follow him on social media @DwightBain

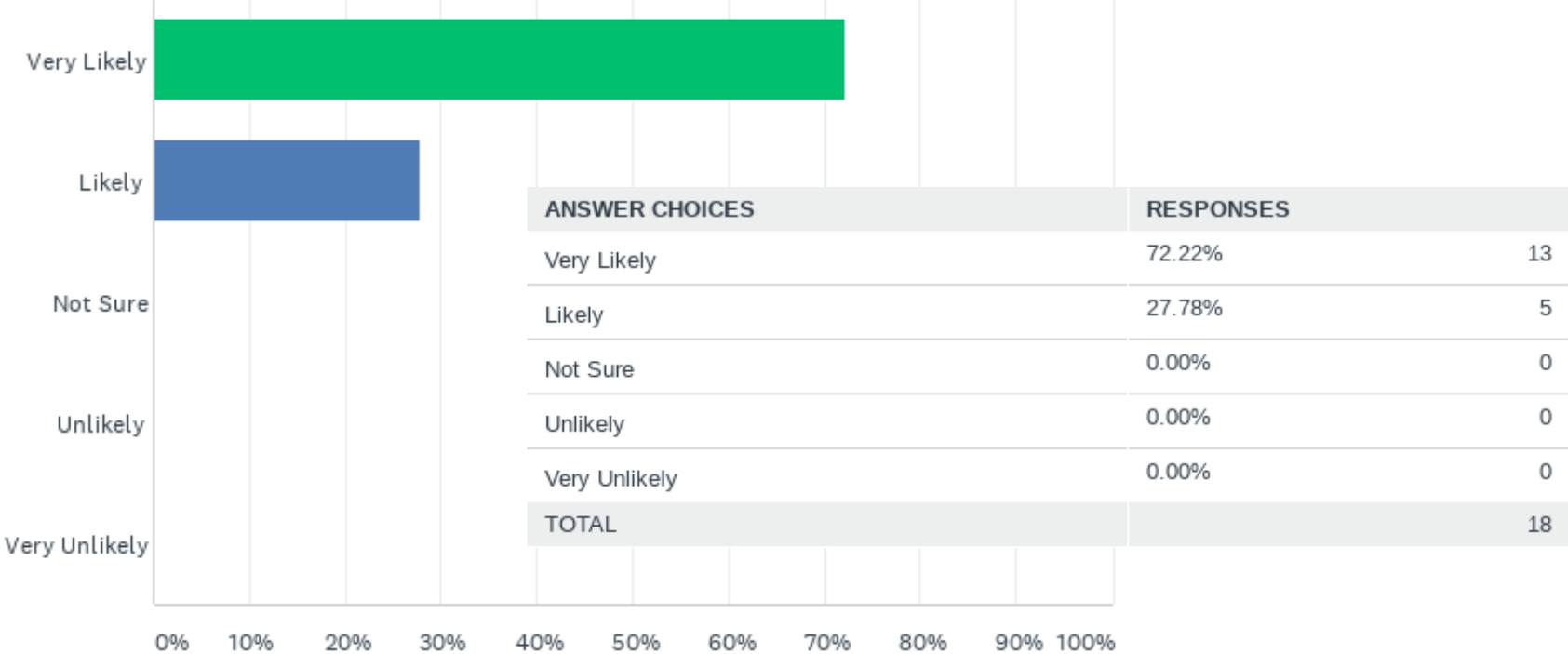
or access more COVID recovery training tools at <https://www.youtube.com/user/LifeWorksGroup>

12-10-20 CFDMC Conference Survey Results 18 Respondents

Overall satisfaction with the conference: 100% Satisfaction Rate (56% Top Box)



Likelihood to recommend the conference others: 100% Engagement Rate (72% Top Box)

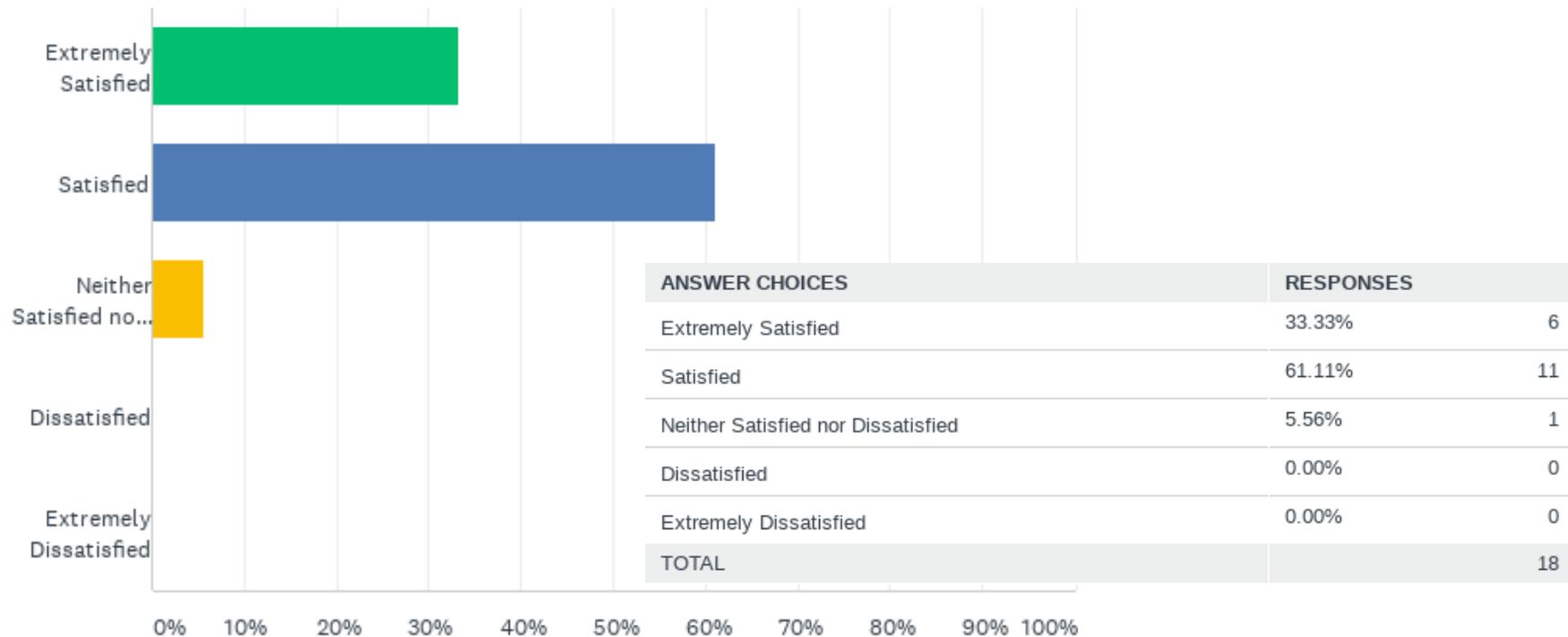


Training Breakouts

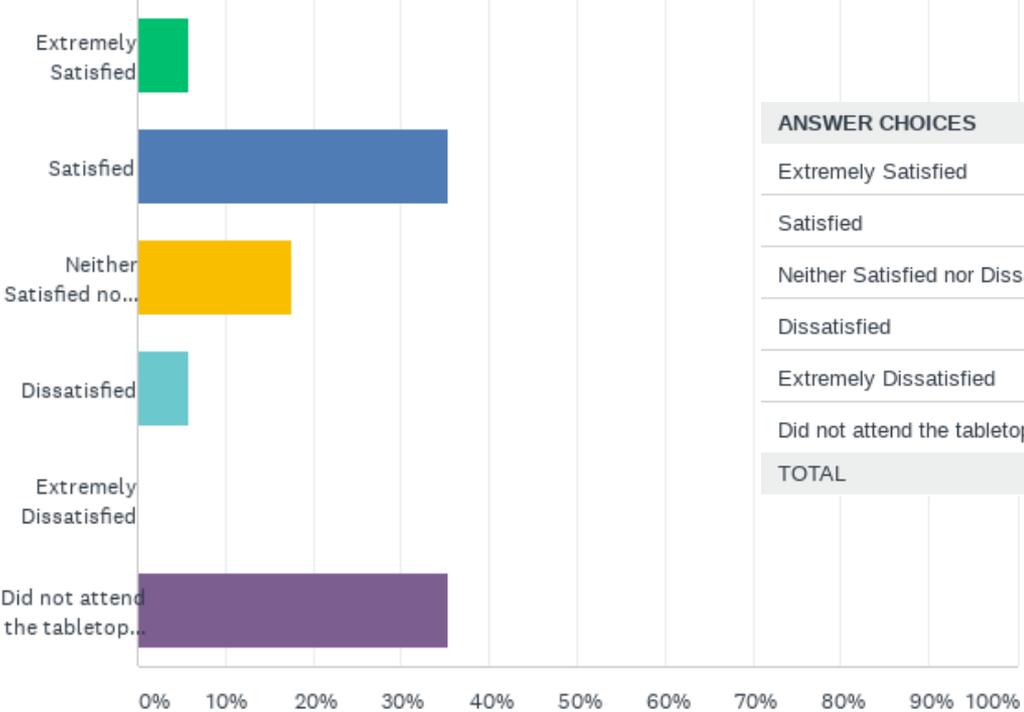
ANSWER CHOICES	RESPONSES	
Big Picture of Disaster Response	41.18%	7
CEMP Preparations	29.41%	5
Hazardous Weather Class	5.88%	1
Individual Assistance and Public Assistance Following a Disaster	5.88%	1
Fatality Management	17.65%	3
TOTAL		17

Overall satisfaction with training breakouts:

94% Satisfaction Rate (33% Top Box)



Overall satisfaction with the Hurricane tabletop exercise: 73% Satisfaction Rate (9% Top Box)



ANSWER CHOICES	RESPONSES	
Extremely Satisfied	5.88%	1
Satisfied	35.29%	6
Neither Satisfied nor Dissatisfied	17.65%	3
Dissatisfied	5.88%	1
Extremely Dissatisfied	0.00%	0
Did not attend the tabletop exercise	35.29%	6
TOTAL		17

What can we do to improve next year's conference? Please include any topics or trainings you wish to see.

- Hopefully, it can be in person.
- Maybe some coaching on how to participate in a virtual tabletop exercise.
- Some handouts (via computer) that the attendees would be responsible for using or not. More on self care. And one on communication as this is an area that some could benefit from.
- na
- perhaps add a level of expertise to each breakout so it makes it easier to select what might be most helpful
- It was good especially with COVID-19 limited face to face
- No changes
- In person. I understand the restrictions on gatherings but allowing a set amount of in person slots would be nice
- Meet in person.
- For the tabletop, build the scenario around the type of organizations that are attending. There were not many attendees from long-term care facilities.
- New training topics so that things aren't repeated to frequently.

Please provide any feedback you have on the training session:

- Excellent presentation.
- slides were very helpful
- I think there is a need to provide more in depth descriptions of the training courses and break outs, as I felt misled by this.
- NO changes.
- None

Please provide any feedback you have on the tabletop:

- Unfortunately I was interrupted by staff, and had to log out.
- Been there done that. Maybe time for something new.
- The scenario did not suit the participants as they had very little to no experience with the type of residence presented. The Facilitator did her best to keep things moving.
- Suggest targeting groups to register that may directly benefit, i.e. LTC for this particular TTX
- N/A
- The scenario was not applicable to a majority of the group. There was no one from long-term care facilities to participate.
- Too focused on LTC and not all participants. There weren't any LTC representatives in the tabletop.