

Center for Wellbeing

Our Mission

We provide comprehensive, evidence-based tools and education to build resilience, improve well-being, and promote personal and professional development.

Our Services

We believe it is possible to not only be resilient, but to also thrive.
Our range of services will help you learn how.

- Counseling — individual and confidential
- Education and training

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Softening the Trauma of Social Distancing

Objectives

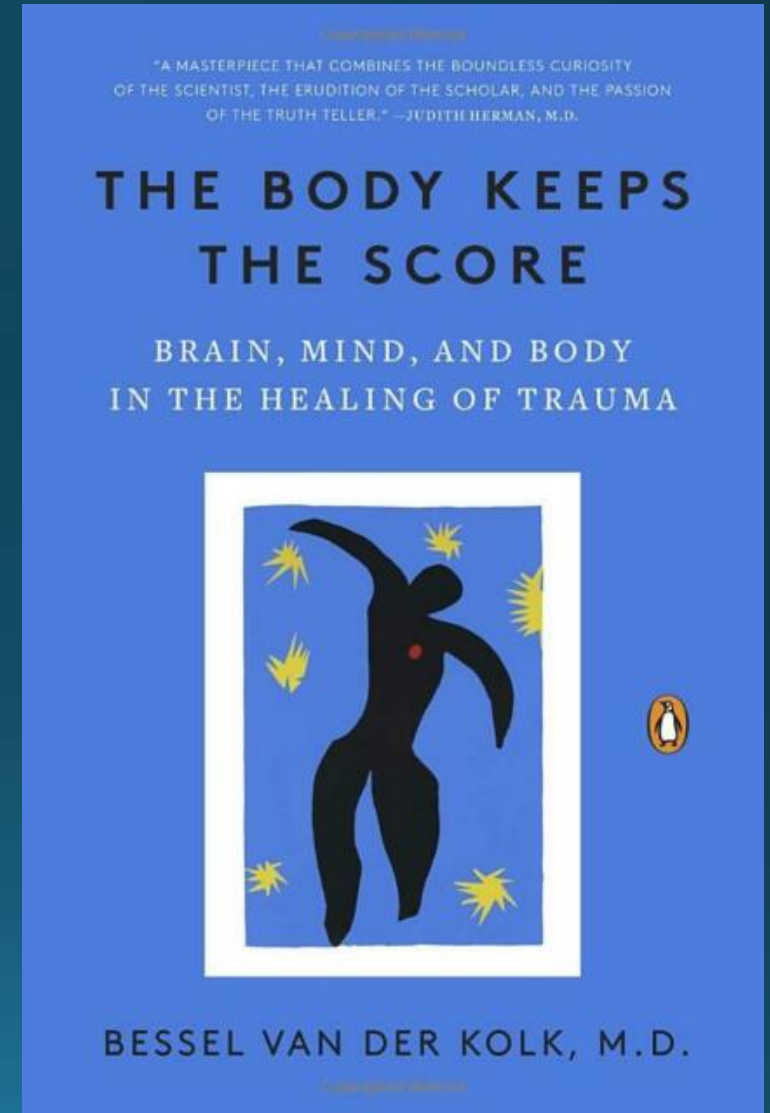
Participants will be able to:

- 1) Define trauma
- 2) List the three “E’s” of trauma – Event, Experience, Effect
- 3) Describe the pre-conditions that could predispose a person to have a trauma response to social distancing
- 4) Identify at least one antidote for each pre-condition
 - Small group discussions (10 minutes)
 - Large group discussion (15 minutes)
 - Question and Answer (10 minutes)

Softening the Trauma of Social Distancing

What constitutes psychological trauma?

Trauma can compromise an individual's capacity for wellbeing



Softening the Trauma of Social Distancing

Three “E’s” of Trauma

- Events
- Experiences
- Effects
 - Immediate or delayed onset
 - Duration short-term to long-term
 - Decreased ability to cope with normal stresses and strains of daily living
 - Cognitive impact – confusion, concentration, memory, critical thinking skills
 - Emotion regulation - Anger, Fear, Sad, Guilt, Shame, mood swings
 - Social impact – withdrawing from others; clinging

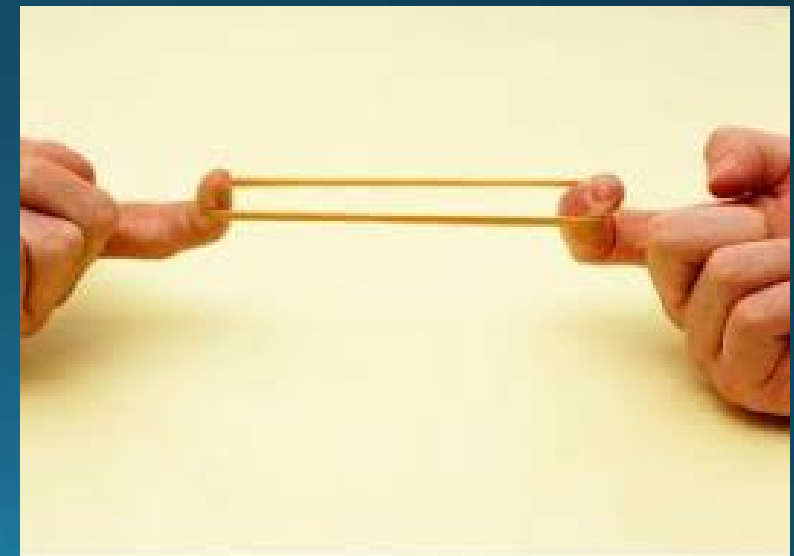
Substance Abuse and Mental Health Service’s Administration

- Concept of Trauma and Guidance for a Trauma-Informed Approach
- <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

Resilience Defined



The capacity to recover quickly from difficulties . . .
even when there has been a threat to safety,
connection, or joy



Pre-Conditions of Trauma

Some pre-conditions that might make an individual more vulnerable to having a trauma response to social distancing:

(I suggest jotting these down so you have them in your small groups.)

- Loss of a sense of purpose
- Loss of connection
- Loss of safety (physical/psychological)
- Lack of predictability
- Numbing out and spacing out
- Immobility
- Loss of sense of time and sequences

Brainstorming Antidotes for each Pre-Condition

Zoom will divide everyone into small groups

- Request – Can one person in each small group volunteer to be a spokesperson?
- Choose 1-2 pre-conditions
- Brainstorm antidotes for the pre-conditions. What are some ideas of what a person might do to mitigate susceptibility to a traumatic response? Questions?
- In 10 minutes – reconvene the large group

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Loss of a sense of purpose**
 - Do things that affirm who you are/your self- identity
- Connect with a spiritual or religious community of your choice
 - <https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/spiritual-resources-during-covid-19-pandemic>

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Loss of connection**

- Regularly connect with voices/faces - Primary way to regulate selves
- Set boundaries with how much you talk about C19
- Family meals, games, dress-up, story-telling, music making
- Virtually:
 - Facetime; Skype; Zoom; Houseparty; Netflix Party
 - Virtual coffee break with co-workers
 - Virtual family dinners with family members who are at a distance
 - Virtual happy hour with previous colleagues
 - Crafts with children
 - Text a “weak tie” (HBR – Why You Miss Those Casual Friends)

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Loss of connection**

- Online Communities

- 7 Cups: www.7cups.com

Free online chat for emotional support and counseling

- Emotions Anonymous: www.emotionsanonymous.org

Nonprofessional group focusing on emotional well-being

- Support Group Central: www.supportgroupscentral.com

Virtual support groups on various mental health conditions

- The Tribe Wellness Community: www.support.therapytribe.com

Free, online peer support group for addictions, anxiety, depression, HIV/AIDS, LGBT, Marriage/family, OCD, and Teen

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Loss of safety**
 - What makes YOU feel safe? Touch, cuddling, music
 - Creating an internal refuge; a space within yourself to withdraw
 - But also privacy - everybody needs a place to which they can withdraw
 - Domestic Violence Hotline
 - Call: 1-800- 799-7233 (SAFE)
 - <https://www.thehotline.org/>

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Lack of predictability**
 - Create schedules/calendars
 - What do you look forward to - include those connections/activities
 - Live a daily life where you can predict your own day:
 - Rituals
 - Get up at the same time every day
 - Make your bed
 - Get dressed
 - Have meals at the same time
 - Schedule weekly activities at the same time
 - Plan your day; plan your week.

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

Numbing out and spacing out

- Avoid endless hours watching TV and listening to news
- Mindfulness – Jon Kabat-Zinn - paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally
 - Mayo Clinic: <https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>
 - Mass Memorial Center for Mindfulness: <https://www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness>
 - Insight Timer; Headspace
- Mindful Self-Compassion: Kristen Neff - <https://self-compassion.org/>
- Center for Mind-Body Medicine – James Gordon, MD <https://cmbm.org/events/eating-wisely/>
- “Coming to your senses” with Licia Sky:
https://www.youtube.com/watch?time_continue=6&v=i6nq2D7pwmw&feature=emb_logo

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Immobility**

- Take action – even if it is a slow, gentle walk around the block (body in motion . . .)
- Exercise videos on YouTube (yoga, dance, Pilates, HIIT)
- Self-regulations activities: learning to control our emotions, behavior, and thoughts
 - Gentle trauma-informed yoga:
 - <https://www.youtube.com/watch?v=V1OtxPbFAec>
 - Yoga with Adriene:
 - <https://www.youtube.com/user/yogawithadriene>
 - Classical Stretch: <https://essentrics.com/classical-stretch/>

Antidotes to the Pre-Conditions of A Trauma Response to Social Distancing

- **Loss of sense of time and sequences**
 - When you are traumatized, time stops, and you feel like it will last forever
 - Structure can help us get a sense of time and feel more stable
 - Create a clear boundary between work time and non-work time
 - Change clothes from “work clothes” to “at-home clothes”
 - Create a dedicated space for working
 - Rituals – routines to start the day; end the day; breaks in the middle of the day

Brainstorming Antidotes for Pre-Conditions of Trauma

Handouts

<https://peoria.medicine.uic.edu/departments/psych/wellbeing/covid-19-support/>

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