

# Where are you joining us from?

## Where is a place that brings you joy?



# Stress and Resilience in a COVID World

## 5-part Webinar Series



### Team Members

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## Session One: *Anxiety, Loss and Grief*

Presented by:

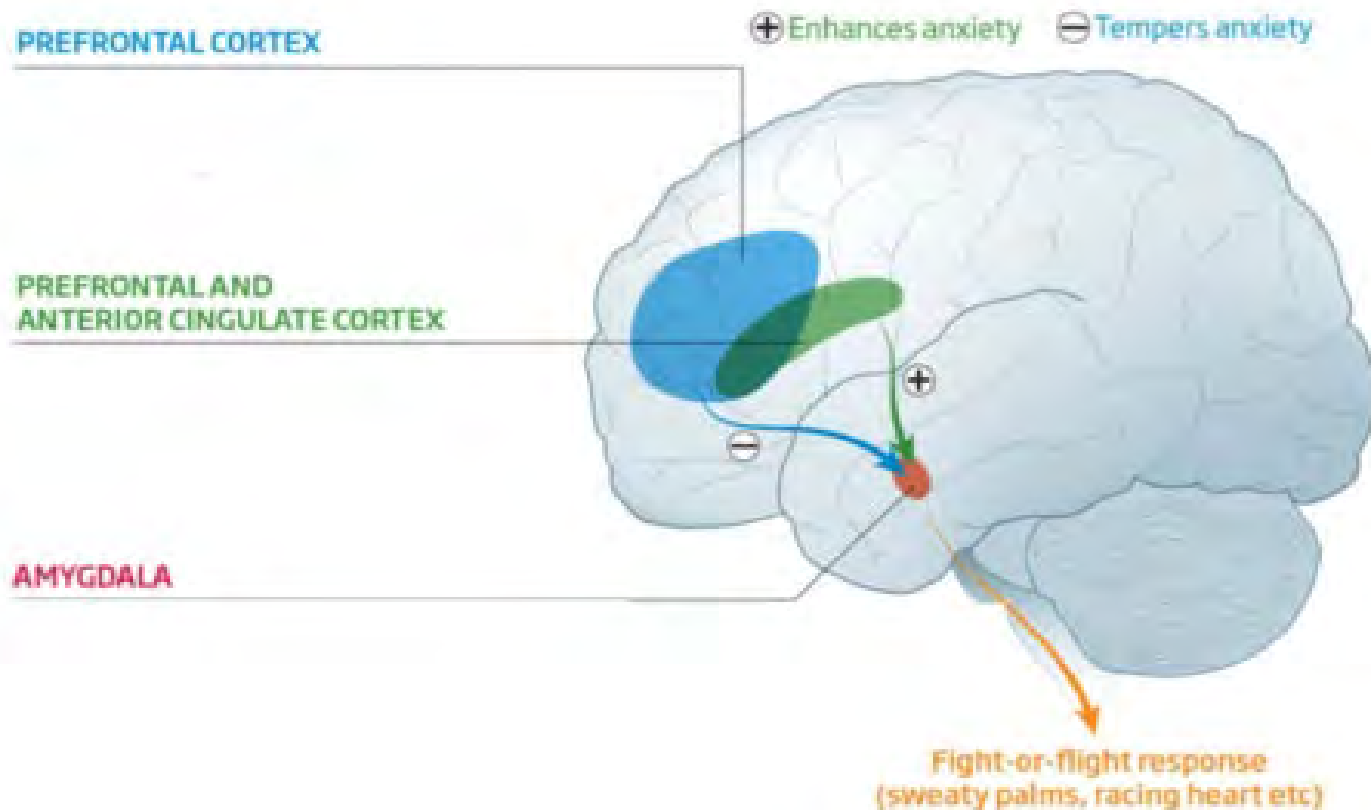
Karim Martinez PhD, CFLE  
Extension Family  
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Doña Ana Cooperative  
Extension Service



What is causing you anxiety or stress?

# The Anxious Brain



Mayo Clinic

# Strategies for Managing Anxiety

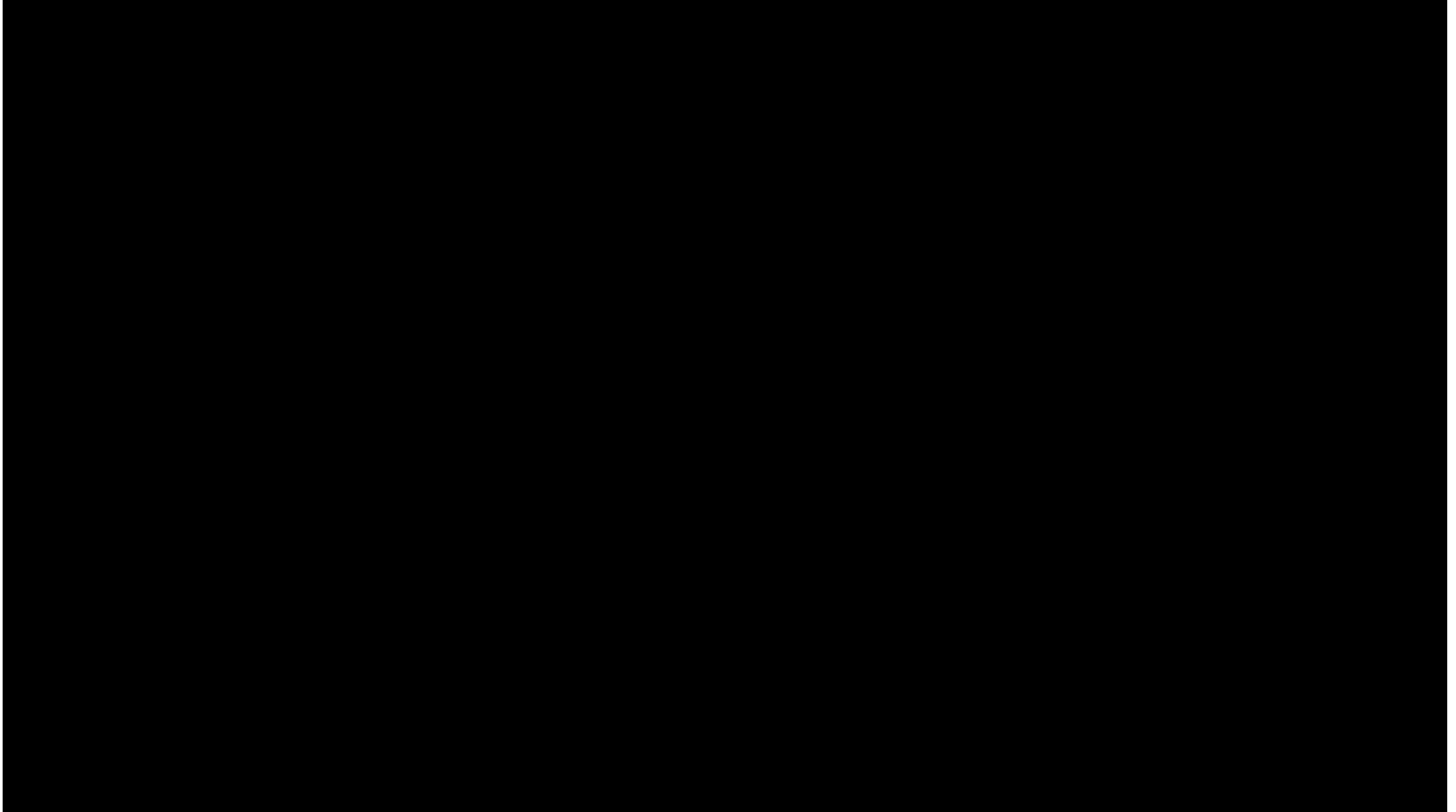
5-4-3-2-1  
Grounding  
Technique

Focus on What  
you can Control

Communicating  
about Emotions

Talk to a Mental  
Health  
Professional

# 5-4-3-2-1 Grounding Technique





Focus on the things you can control

## Going Out

COVID-Safe Practices

Size and location of gatherings

Talk about What to Expect




At Home

Have a  
Routine

Practice  
Self-Care

Connect



Focus on the  
things you  
can control

# Communicating about Emotions



## LET'S TALK

# Self-Awareness

- Identify emotions
- Connect emotions to reasons
  - I feel \_\_\_\_\_
  - Because \_\_\_\_\_
- How do emotions affect behavior
- Talk about emotions

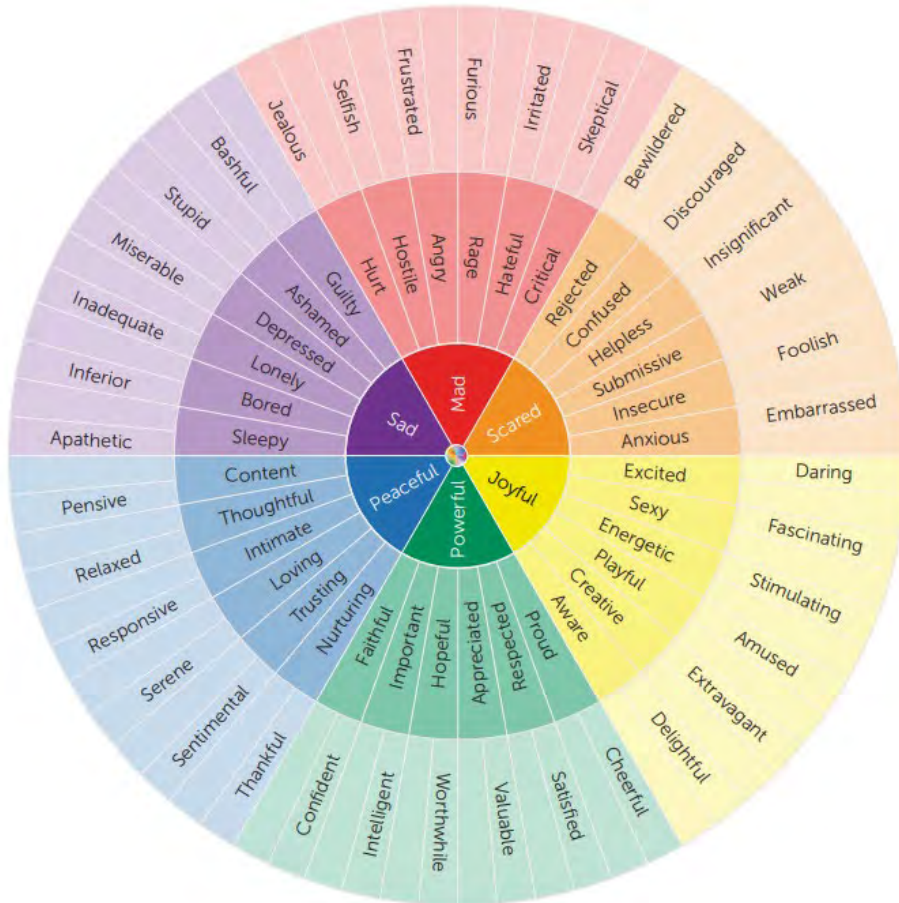


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# Listen for Emotions

- Give full attention
- Listen for emotions
- Repeat or paraphrase
- Don't minimize emotions
- Don't give advice without permission



The Feeling Wheel

by Gloria Willcox

# Finding a Mental Health Professional

- Primary healthcare provider
- Insurance online directory
- Psychology Today- “Find a Therapist”  
<https://www.psychologytoday.com/us>
- NM Crisis Access Line <https://nmcrisisline.com/>
  - Crisis Access Line- 1-855-662-7474
  - Peer to Peer Warm Line 1-855-466-7100
- Types of Mental Health Providers: Tips on finding one

<https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530>



What tools or strategies  
are you planning to try?

What tools or strategies  
have worked for you?

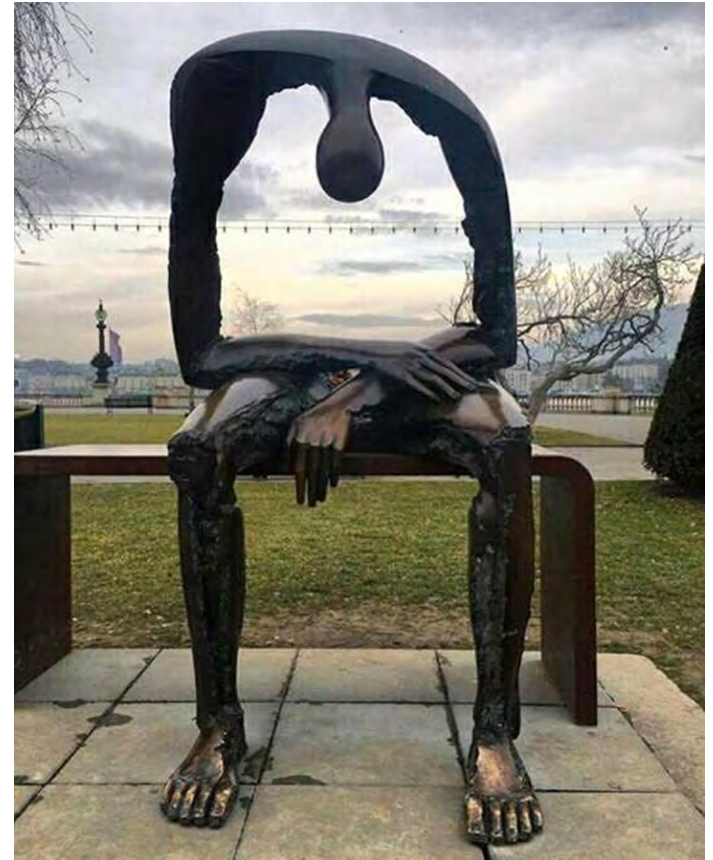


Photo by [Bekir Dönmez](#) on [Unsplash](#)

# Loss and Grief- Lets talk about finding calm in the middle of a pandemic



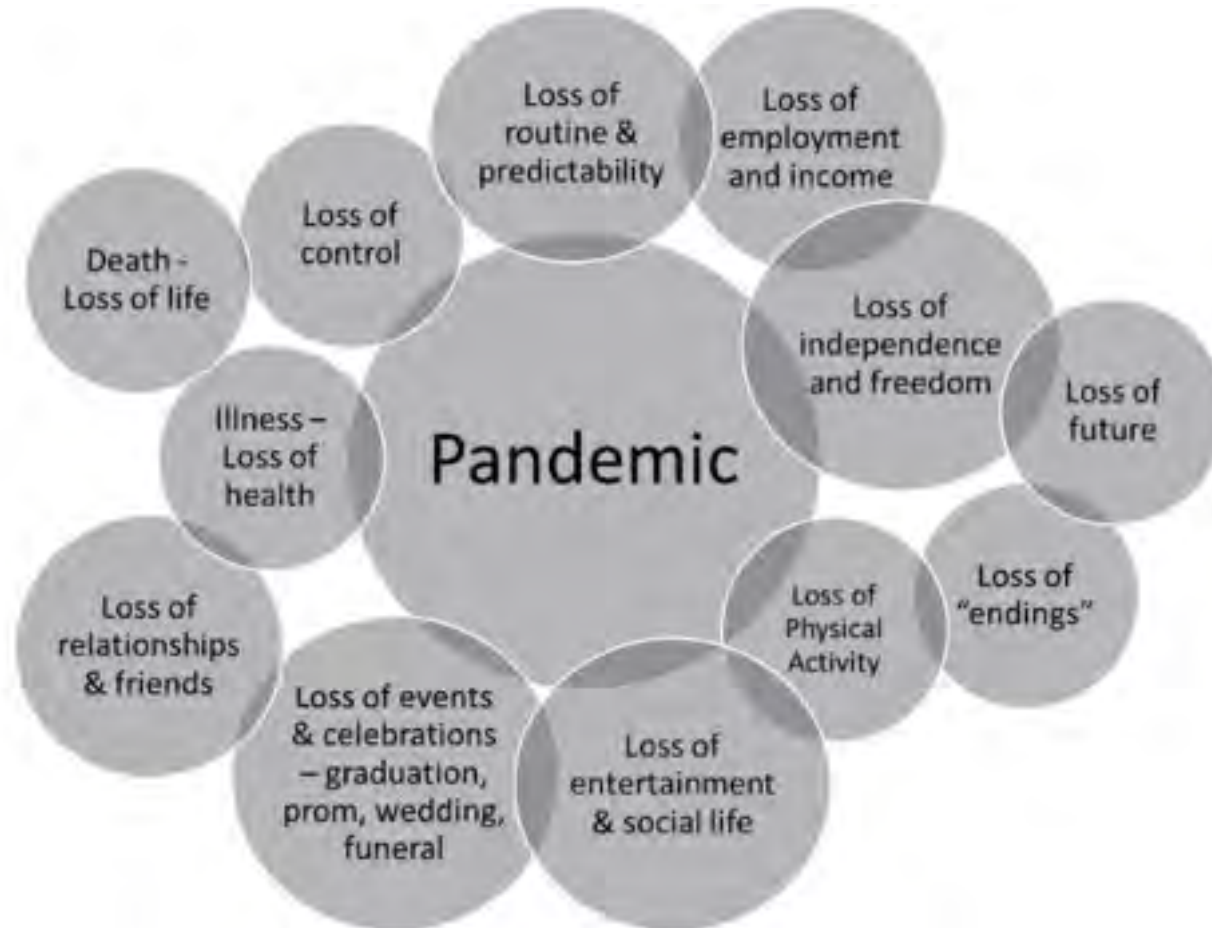
# Types of losses



*Melancolie*, by Albert György

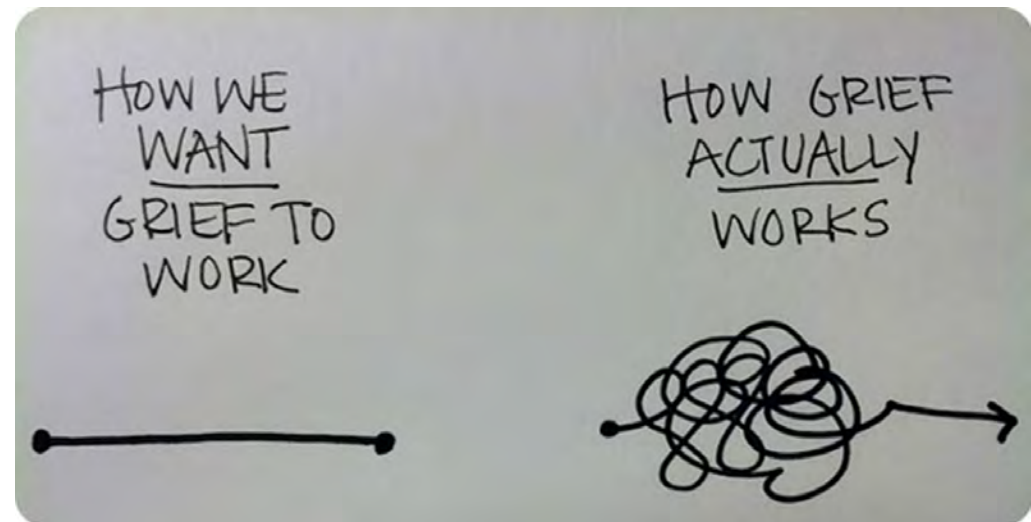


# We are in a Different Time



# Understanding the Nature of Grief

- Grief is complex
- Grief is also a normal reaction
- Grief is unique



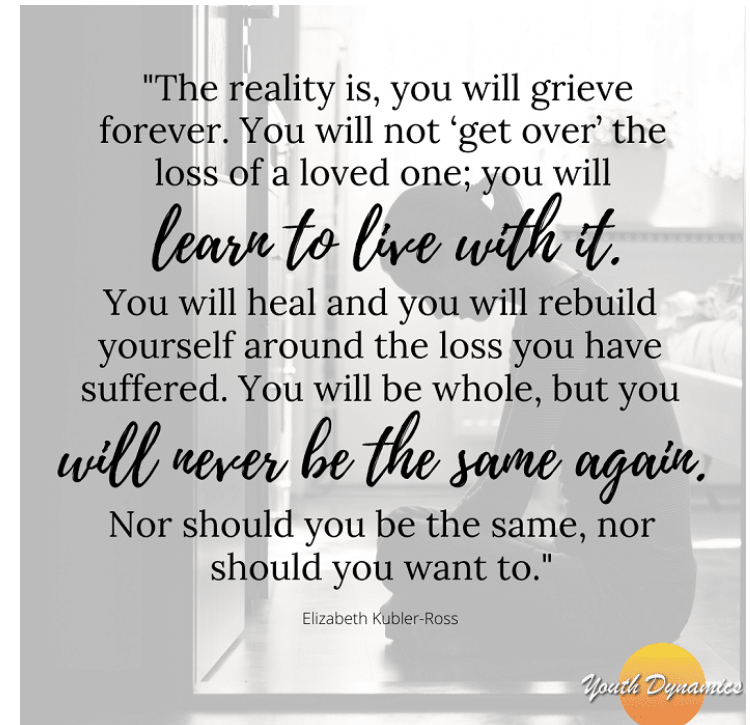


“Each person’s grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn’t mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining.”

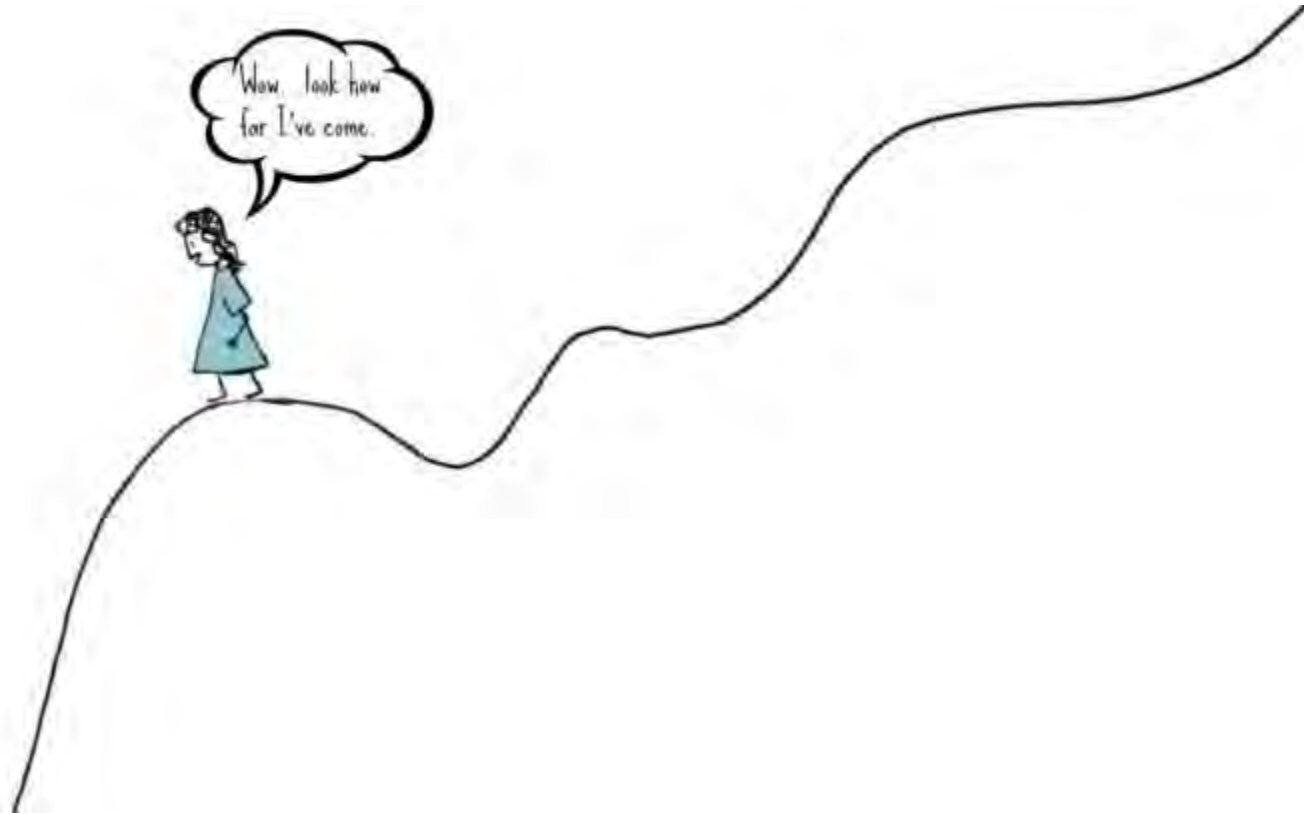
**David Kessler**

# Give Yourself Permission to Grieve

- Don't Minimize your Pain
- Allow yourself to Feel
- Validate your feelings
- Focus on what you can control



# Be Kind to yourself



# Strategies for Healing

- Write a letter
- Explore spirituality
- Treasure fond memories
- Honor your special person
- Let yourself cry
- Reach out



# Ways You Can Give Support To Someone Who Is Grieving

- Be a good listener.
- Respect the person's way of grieving.
- Accept mood swings.
- Avoid giving advice.
- Stay connected and available.
- Offer words that touch the heart.



- What are some words that can touch the heart of someone who is experiencing loss and grief?
- Or how can we support someone who is experiencing loss and grief?



# Session 1 Survey

[https://acesnmsu.az1.qualtrics.com/jfe/form/SV\\_enA3WdxqHWFZpzg](https://acesnmsu.az1.qualtrics.com/jfe/form/SV_enA3WdxqHWFZpzg)

## Session 2, October 7

Manage Change and Build Resilience  
through Self-Nurture

Dianne Christensen, MS