

How did the week go for you?

Did you use any strategies this past week to manage stress and build resilience?

Coping with COVID Burnout

7-part Webinar Series

Understanding Anxiety and Depression

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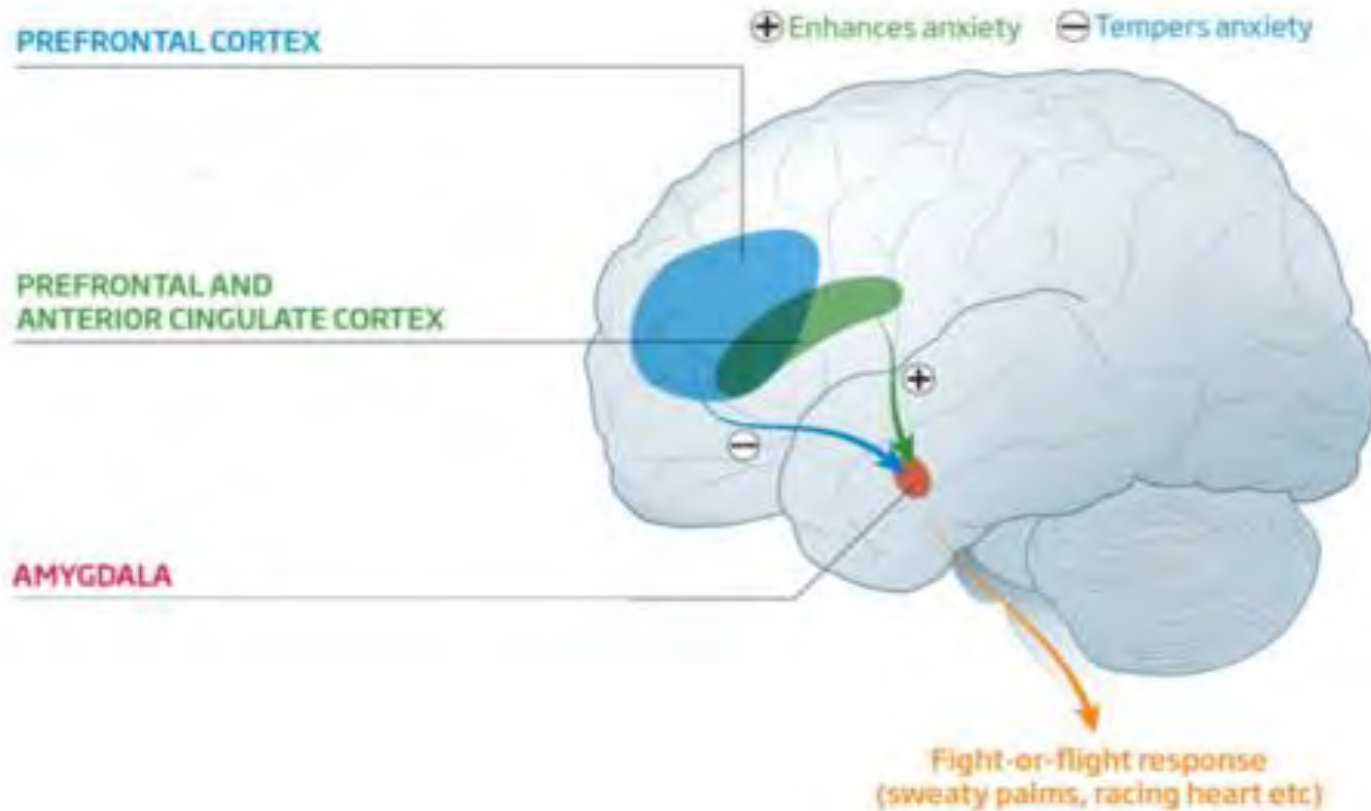
Living Through a Pandemic



What is Anxiety?

- Anxiety is the body's natural response to stress.
- It can help us to cope with certain situations.
- Can give us a boost of energy or help you focus.

The Anxious Brain



Mayo Clinic

Causes of Anxiety

- Anxiety disorders develop from a complex set of risk factors:
- Genetics
- Brain chemistry
- Personality
- Life events



Everyday Anxiety or Anxiety Disorder?

Day to day Anxiety

- Is related to a specific situation or problem
- Lasts only as long as the situation or problem
- Is a realistic response to a realistic problem or situation

Anxiety Disorder

- Unexpectedly/no apparent reason
- Extreme response to a situation
- Unrealistic anxiety
- Anxiety may last for a long time
- Anxiety may feel impossible to control or manage
- Avoidance

Coping with Anxiety



If Diagnosed with an Anxiety Disorder-

- Work with your doctor
- Medication
- Therapy

5 Self-Help Techniques:

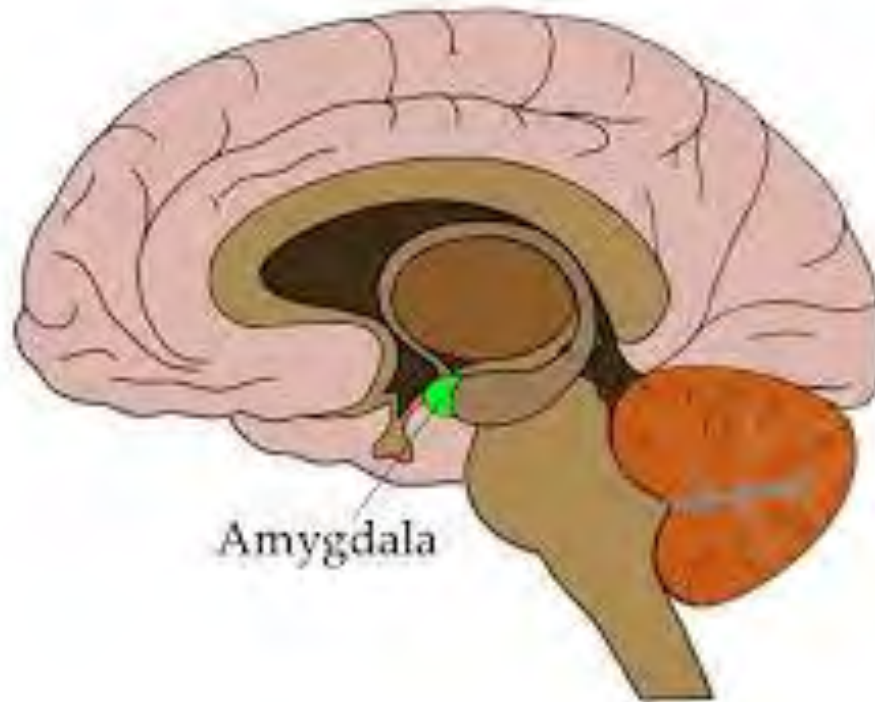
- Breathing Techniques
- Mindfulness
- Grounding Techniques
- Learn what triggers your anxiety
- Take a time out

What is Depression?

- Most people feel sad or depressed at times.
- It's a normal reaction to loss or life's challenges.
- If untreated it can become clinical depression:
 - If lasts for many days to weeks
 - Keeps you from living your life
 - More than sadness.



The Depressed Brain



Causes of Depression

- No single cause for depression
- Stress
- Person's susceptibility
- Genetic
- Environmental and psychological factors
- Certain medical conditions may also trigger depression



according to the NIMH.

Depression

Situational/Seasonal Depression

- Short-term
- Occurs as the result of a traumatic event or change in a person's life.
 - Loss of a job, loved one etc
 - Other major life changes

Clinical Depression

- Depressed mood
- Irritability
- Significantly reduced interest or feeling no pleasure in activities
- Significant weight loss or weight gain
- A decrease or increase in appetite
- Insomnia or an increased desire to sleep
- Restlessness or slowed behavior
- Tiredness or loss of energy
- Feelings of worthlessness or inappropriate guilt
- Trouble making decisions or concentrating
- Recurrent thoughts of death or suicide

Treatment

If Diagnosed with an
Clinical Depression-

- Work with your doctor
- Medication
- Therapy

- Get in a routine
- Exercise and get sunlight
- Eat healthy
- Get enough sleep
- Challenge negative thoughts
- Do something new and try to have fun
- Do something for others

Remember...

- For you:
 - Talk to someone
 - Don't have to deal with it alone
 - Be kind to yourself
- For someone you love:
 - Listen without judgement
 - Just be there
 - Encourage them to seek professional if ready





ACTIVITIES



NM
STATE

Coping with COVID Burnout

Consider Something New

PRESENTATION OUTLINE

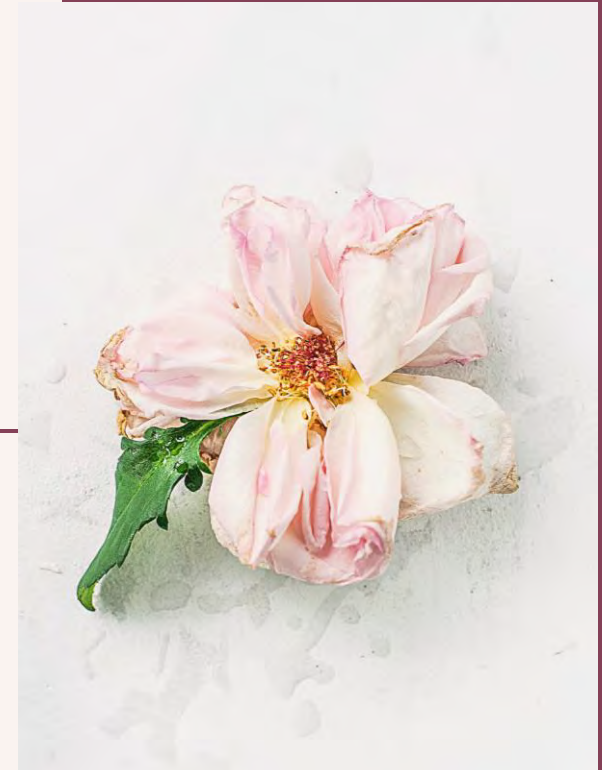
Topics to be Discussed

Self Care

Self Knowledge

New Hobbies

Self Compassion



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SELF CARE

Recognize the Gap

<https://www.surveymonkey.co.uk/r/projectselfcare>



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SPECIAL CONSIDERATION

RECOGNIZE

Know when you are
burned out.

TAKE THE TIME

To take care of yourself.
Can't help others if you
don't help yourself.

TOOLS

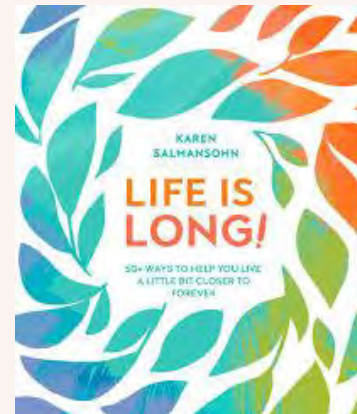
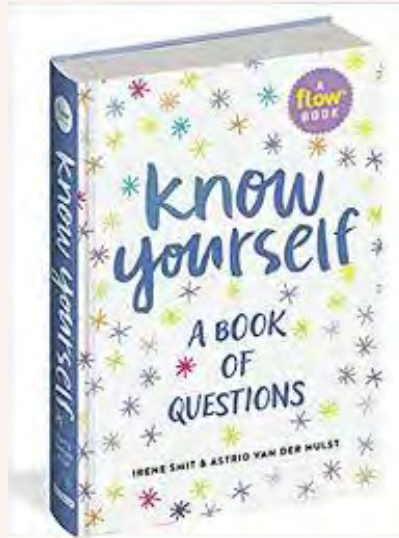
Exercise - move it
outside.
Meditate - Box
Breathing
Time - reach out or take
time for yourself as
needed

LEAD THE WAY

Break the stigma.

KNOW YOURSELF

Self Exploration



<https://www.buzzfeed.com/jasminnahar/this-aptitude-test-will-reveal-which>

TRY A NEW ACTIVITY

H O B B I E S



Self-Compassion

[HTTPS://SELF-
COMPASSION.ORG/TEST-
HOW-SELF-
COMPASSIONATE-YOU-ARE/](https://self-compassion.org/test-how-self-compassionate-you-are/)

CONTACT INFO

<https://aces.nmsu.edu/covid19/burnout.html>

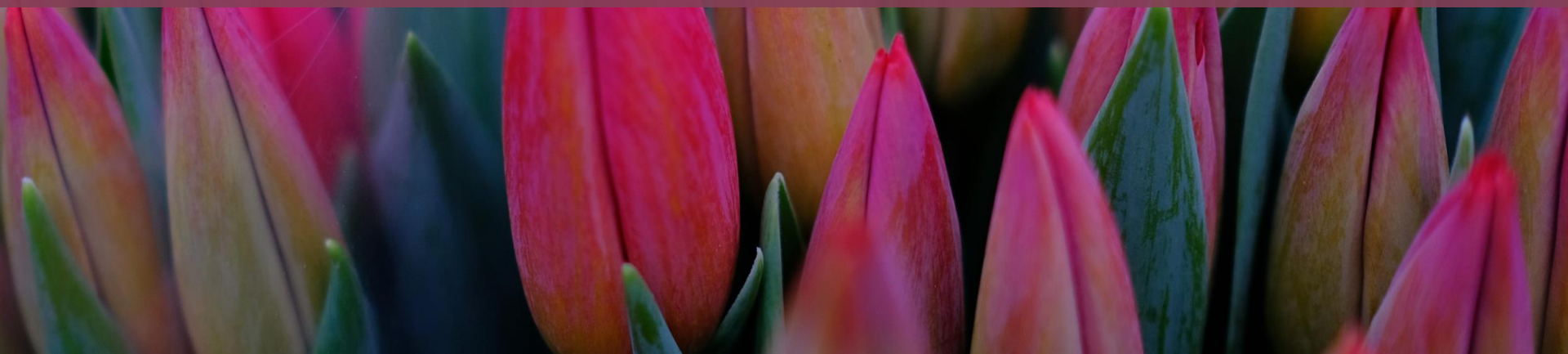
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TOOLS TO POSITIVELY LEVERAGE STRESS

WITH DIANNE CHRISTENSEN



**You can still make
something beautiful and
something powerful out
of a really bad situation**

Gabe Grunewald

Resources

- NM Crisis Line: 1-855-NMCRISIS (662-7474)
- <https://www.newmexico.gov/>
- National Suicide Prevention Lifeline
(800) 273-8255
- Kid Talk (575)636-3636



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Sources

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- National Institute of Mental Health
- <https://www.statista.com/chart/21878/impact-of-coronavirus-pandemic-on-mental-health/>
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- <https://www.singlecare.com/blog/news/anxiety-statistics/#anxiety-statistics-in-us>
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