

# How did the week go for you?

Did you use any strategies to positively leverage stress (changing mindset, rewriting negative thoughts, mindfulness)?

What positive impacts did you notice from using new tools and strategies?

# Coping with COVID Burnout

## 7-part Webinar Series

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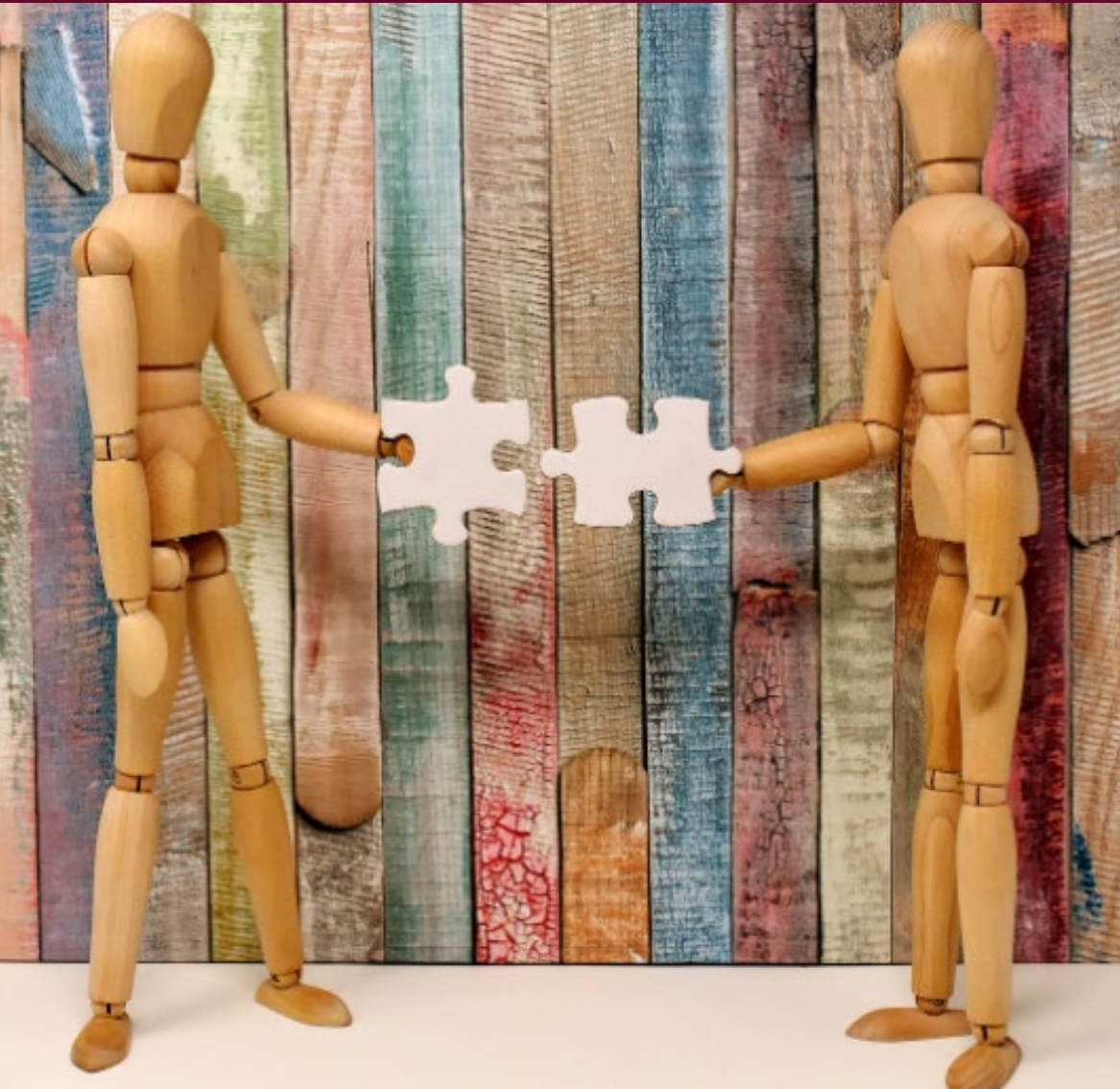
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## The Power of Social Connection

Presented by:

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# Resilience through Relationships



**Social Connectedness** is the degree to which individuals or groups are socially close, interrelated or share resources.

# Benefits of Social Connection

- Improves physical health
- Boosts mental health
- Increases life-expectancy
- Builds resilience
- Decreases risk of suicide

# Challenges to Relationships at Home

- Work, school, caregiving is all happening in the same space
- Stress of having one or more essential employees in the household



- Family roles are being renegotiated
- Family members are reacting to stress differently (Emotions are running high)

How everyone in our home is starting to look at each other



What has been your experience with balancing work, school and family time at home?

# Healthy Relationships at Home

- Have a daily routine
- Focus on healthy habits
  - Nutrition, physical activity and sleep
- Balance together and alone time
- Have open communication





# Work/School at Home

- Have specific areas
- Set boundaries
- Manage expectations

## COVID-19 DAILY SCHEDULE



Image: <https://www.pinterest.com/cheslek/parenting/>

# Emotional Bank Account

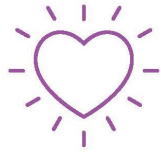


# Fun Family Time: Talk, Play, Create

- Conversation starters:  
<https://thefamilydinnerproject.org/conversation/>
- Share family stories
- Cook or bake together
- Go outside (walking, gardening, playing in backyard)
- Be creative (art, music, crafts, dance, acting)
- Play games
- Notes or letters of appreciation
- Start new rituals or traditions

# Connecting with Children

## NURTURE & PROTECT KIDS AS MUCH AS POSSIBLE



Be a source of safety and support.

## MOVE AND PLAY

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun, togetherness and to ease stress.

## MAKE EYE CONTACT

Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."

## SAY, "SORRY"

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.



## GIVE 20-SECOND HUGS

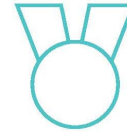
There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



## SLOW DOWN OR STOP

Rest. Take breaks. Take a walk or a few moments to reset or relax.

## HUNT FOR THE GOOD



When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.

## BE THERE FOR KIDS

It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

## HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



## KEEP LEARNING

Understand how ACEs impact you and your parenting.

More tips & resources for parents on back.



WITH SUPPORT FROM



Family Hui.  
A Program of Lead4Tomorrow

# Communicating Emotions

- Identify feelings
- Connect feelings to reasons
  - I feel \_\_\_\_\_
  - Because \_\_\_\_\_
- Talk about feelings
- Listen for feelings



Happy



Sad



Silly



Proud



Annoyed



Surprised



Excited



Angry



Worried



Scared



Love



Sick



Calm



Bored



Sleepy



Hungry



Embarrassed



Ashamed



Jealous



Worn-out

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# Staying Connected when Physically Apart



# Connecting Virtually

- Phone calls, video chats, texting, audio files
- Check in virtually with family, friends, colleagues and neighbors
- Join online communities
- Build support networks
- Volunteer online



# Community Resources

- State of NM: <https://www.newmexico.gov>
- Coronavirus Health Hotline: 1-855-600-3453
- Coronavirus Non-Health Information Hotline: 1-833-551-0518
- Senior or Disabled Adult Food Access Hotline: 1-800-432-2080
- New Mexico Workforce Connections [www.jobs.state.nm.us](http://www.jobs.state.nm.us) or 1-877-664-6984
- Local resources
  - Food banks
  - Faith-based organizations
  - Community service organizations



# Community Resources

- New Mexico Crisis and Access Line (mental health)  
<https://www.nmcrisisline.com> or  
1-855-NMCRISIS (662-7474)
- Healthcare Worker and First Responder Support Line  
1-855-507-5509
- NM Child Protective Services: call #SAFE (#7233) from a cell phone or 1-855-333-SAFE.
- National Domestic Violence Hotline at 1-800-799-7233
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)



What strategies will you use to stay socially connected?

# Session Four Survey

[https://acesnmsu.az1.qualtrics.com/jfe/form/SV\\_9Tgoxw9W7wvhPFA](https://acesnmsu.az1.qualtrics.com/jfe/form/SV_9Tgoxw9W7wvhPFA)

Session Five, March 16  
*Nutrition- Fuel for Resiliency*  
Karen Plawecki, PhD, RD



# Questions?



# Thank You!

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