What am I focusing on?

• Things being cancelled.
• Other people’s social distancing or decisions.
• How the news reports data.
• When I can go back to “normal.”

• My self care, diet, exercise, routine.
• My actions towards others.
• Learning and following the latest information and advice.
• What’s important to me.
• How I connect with others.
• How I spend my time.

• Other people’s health.
• The government’s actions.
• Schools opening or closing.
• The state of the healthcare system.

Action: Draw a circle. Write down inside the circle what you are concerned about that you can control. Everything else write outside.
Take control of your thoughts

Something happens. It could be *anything*.

You have **thoughts** about what has just occurred.

You experience **emotions** based upon your thoughts.

You respond to your thoughts and feelings with **behaviors**.

Thinking something does not make it true....

Ex: ”I can’t lift my arm”

**To DO:**
Action: Keep a thought journal. Challenge our thoughts, write a new interpretation (what else could be true), notice how you feel.
“Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?” – Kristen Neff, PhD

Action: Remind yourself “this stinks”, I am not alone and may I be kind to myself.”

More info: selfcompassion.org
Focus on the Good

• What you focus on becomes what you see
• Evolutionary negativity bias

Fill Your BAG
• Best and Brightest
• Accomplishment
• Grateful for & why

Adapted from positive psychology work of Martin Seligman, PhD University of Pennsylvania

To Do: Action: Keep a daily gratitude journal. Write what’s in your BAG.
Mindfulness & Meditation

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,”

Jon Kabat-Zinn

- Square Breathing
  - 4 in, 4 hold, 8 out
- Grounding in the moment
  - 5 see, 4 touch, 3 hear, 2 smell, 1 taste
- Meditation Apps
  - Calm, Headspace, Insight Timer, 10% Happier

Action: How can I incorporate 10 minutes of meditation or practice one task mindfully each day.
Connect with Others

- Other people give us a sense of safety and security.
- We feel seen and heard.
- Social beings that need connection for survival and happiness
- Social distance does not mean social isolation.

**To Do:** Stay connected, use technology. Make a point to speak to someone outside your home each day. Foster relationships in your home. Help in your community in ways that are appropriate.
Boundaries

- Flexibility
- Location dedicated to work
- Set specific time and hours
- Turn off your notifications
- Guard your downtime
- Watch out for overcompensating

Action: Set a space just for work. Set work hours. Make a plan on how you will disconnect from work related communication after hours.
Self - Care

- Nutrition
- Exercise
- Routine
- Sleep
- Handwashing
- Social distancing
- News sources

**Action:** Have a predictable schedule and routine. Stay active and move daily. Limit news media consumption. Know who to call if you need it.
Thank you for your time!

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