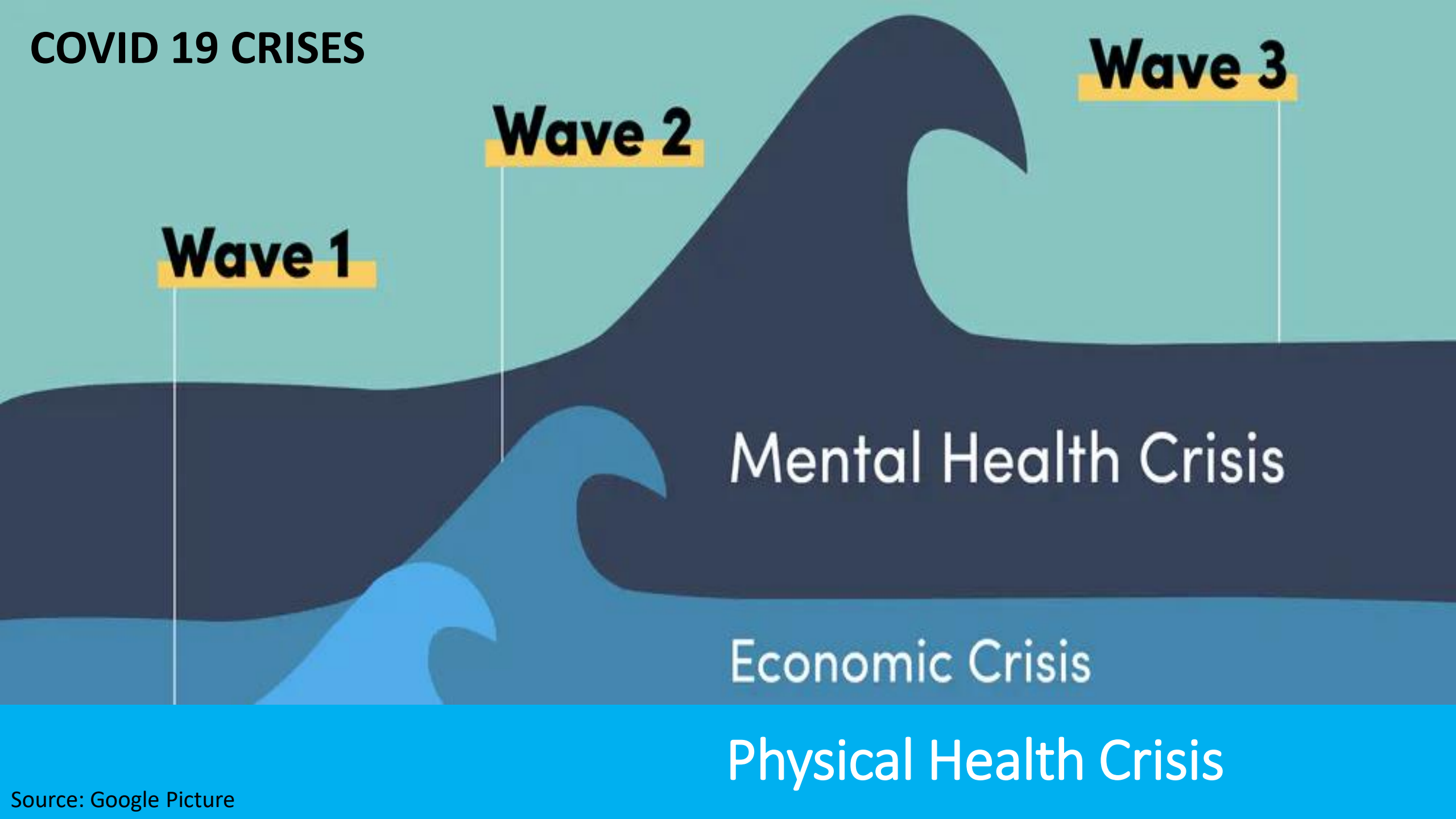


Bouncing Back... Moving Forward Facing the New Normal



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Caraga State University**

COVID 19 CRISES



Wave 1

Wave 2

Wave 3

Mental Health Crisis

Economic Crisis

Physical Health Crisis

Crisis is both
opportunity and
danger

The Chinese Symbol for Crisis ≠

危机

Danger + Opportunity

What challenges have you encountered during the Pandemic?



The Effects of COVID 19 in Ones Mental Health



DOH Statistics on Mental Health

- DOH estimates at least **3.6 million Filipinos** are **facing mental health issues** during the pandemic, including depression, substance use disorders such as alcohol use disorder, and mood disorders like bipolar disorder.

Source: USAID RenewHealth Project and DOH at <https://www.urc-chs.com/news/mental-health-on-the-move-in-the-philippines-meet-the-lusog-isip-app/>

DOH Statistics on Mental Health

- A recent DOH study found that one of three COVID-19 patients in the Philippines was diagnosed with a mental health condition within six months of testing positive for COVID-19.

Source: USAID RenewHealth Project and DOH at <https://www.urc-chs.com/news/mental-health-on-the-move-in-the-philippines-meet-the-lusog-isip-app/>

Most Common Mental Health Problem during Pandemic



Anxiety



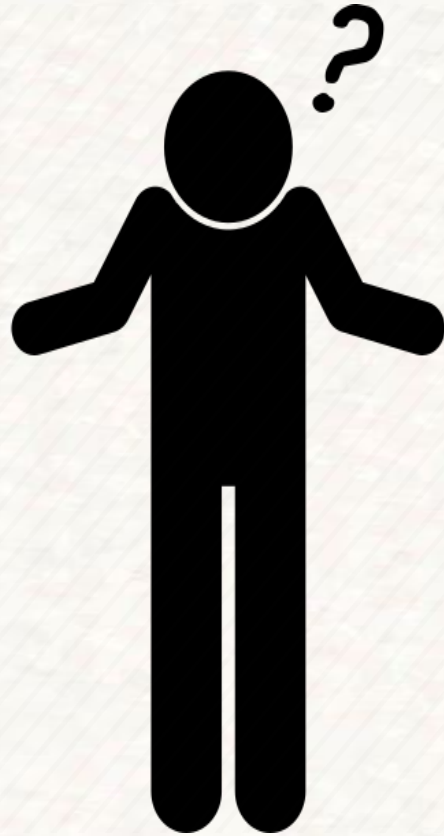
Depression

Cause: fear of getting the illness

Four Types of COVID 19 Anxiety



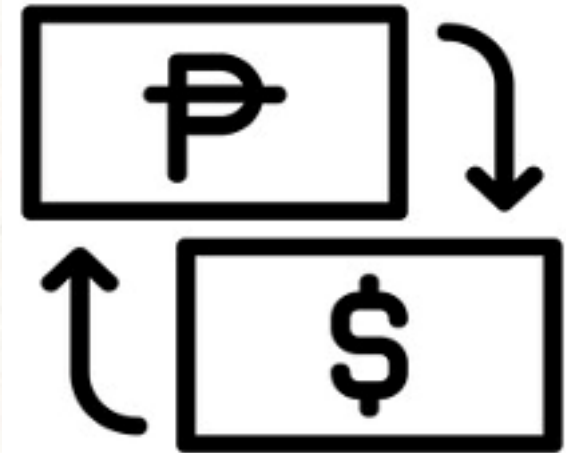
Personal
Health



Other's reaction



Societal health



Economic
problems

New Normal

- The term “new normal” was coined during the 2008 financial crisis to refer to the dramatic economic, cultural, and social transformations that seriously impacting collective perceptions and individual lifestyles.



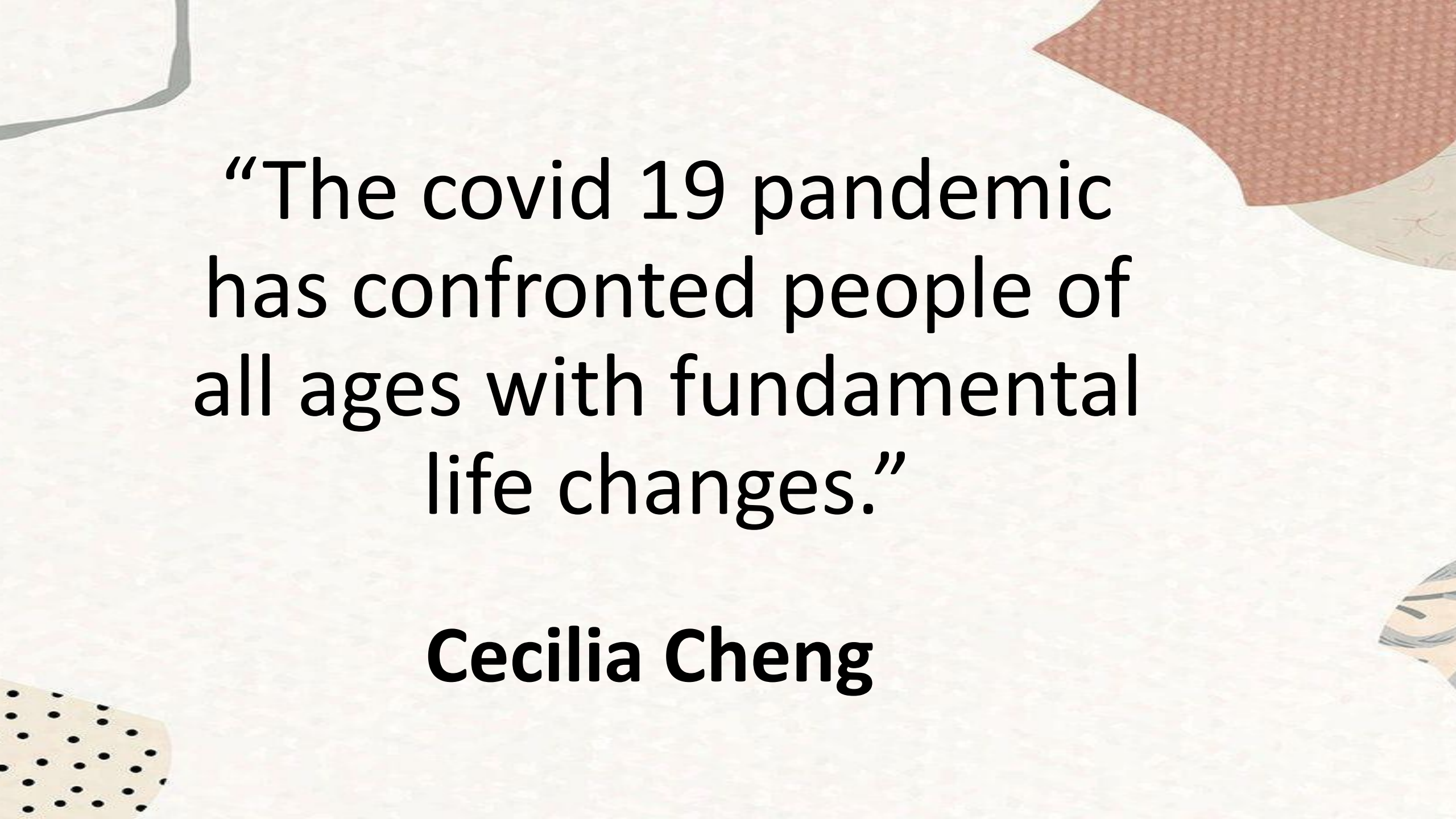
New Normal

- The new normal is being used to label the changes the world's population is facing as a result of the COVID-19 coronavirus pandemic



New Normal to Now Normal



The background features a light beige, textured surface resembling torn paper. In the top right corner, there is a large, irregular shape in a reddish-brown color. In the bottom left corner, a small, light beige shape with black dots is visible. On the right edge, there are some faint, abstract shapes in orange and grey.

“The covid 19 pandemic
has confronted people of
all ages with fundamental
life changes.”

Cecilia Cheng

A photograph of a desert landscape featuring a paved road with double yellow lines that curves through sand dunes. Sparse desert vegetation is scattered across the dunes. The sky is a clear, pale blue. A large, semi-transparent red rectangular box is centered over the image, containing the quote in white text. Below the quote, a smaller black rectangular box contains the author's name in white text. A small 'quotefancy' watermark is visible near the bottom center of the road.

The only thing constant
in life is change.

François de La Rochefoucauld

quotefancy



Reopening is Another Challenging Time

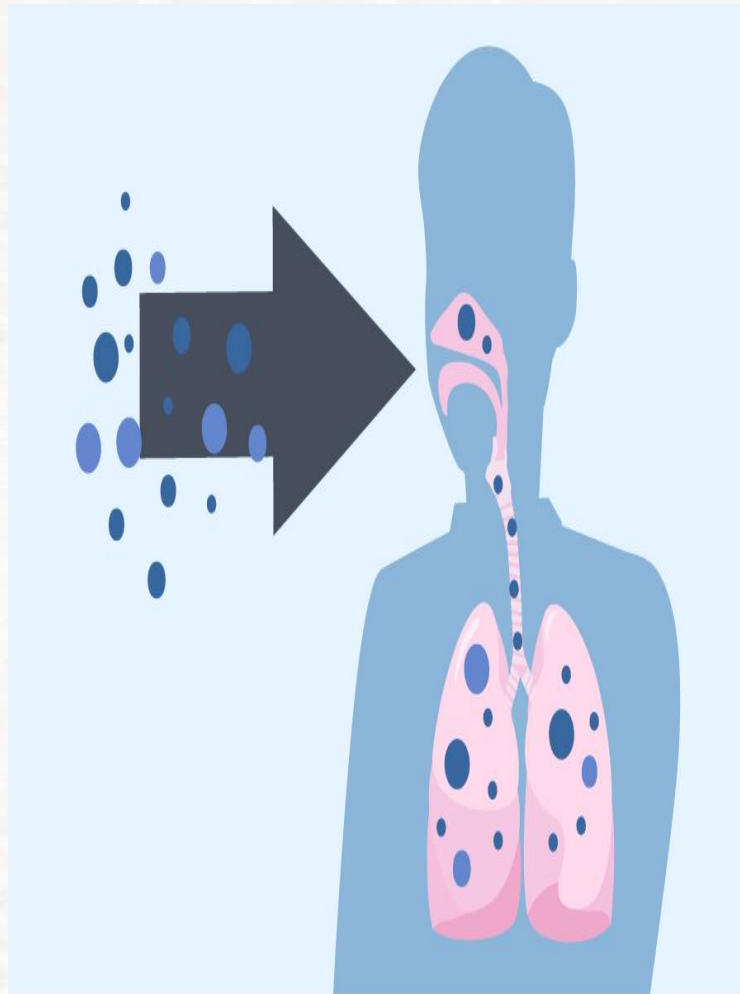
- Reopening may post different but related challenges
- How do we go back?



Expect stressors like:



Fear of commuting



Fear of getting the illness



Adjusting to seeing
people on mask

Welcome Back! Here's What You Can Expect!



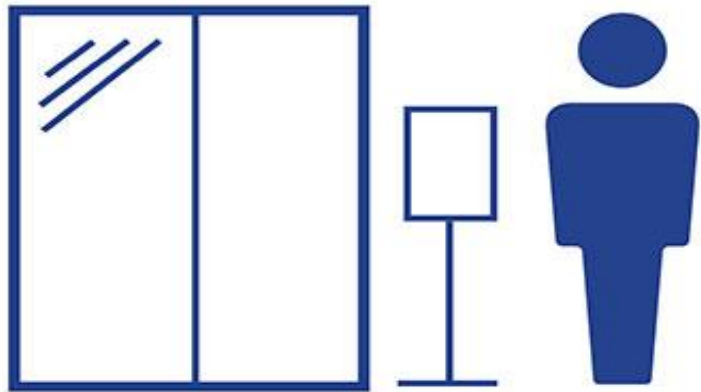
UPDATED GALLERY HOURS



SOCIAL DISTANCING
PRACTICE & REMINDERS



TEMPERATURE MONITORING
& FACECOVERING REQUIRED



MONITORED ENTRY & EXIT



SANITATION SUPPLIES



INCREASED CLEANLINESS

Minimum health protocol in the new normal

Adapt Change

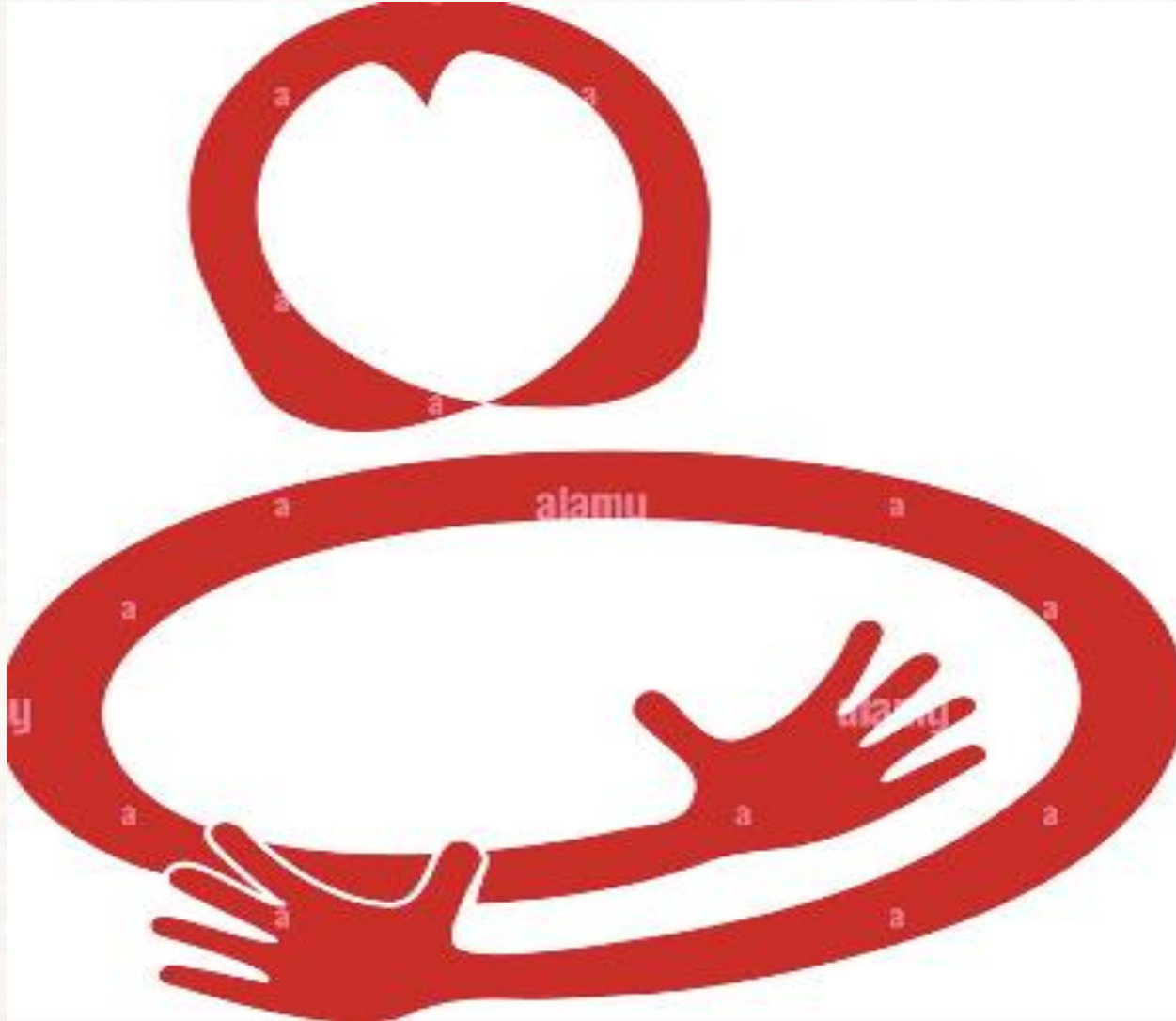


Establish new routine

NEW NORMAL
Physical Distancing



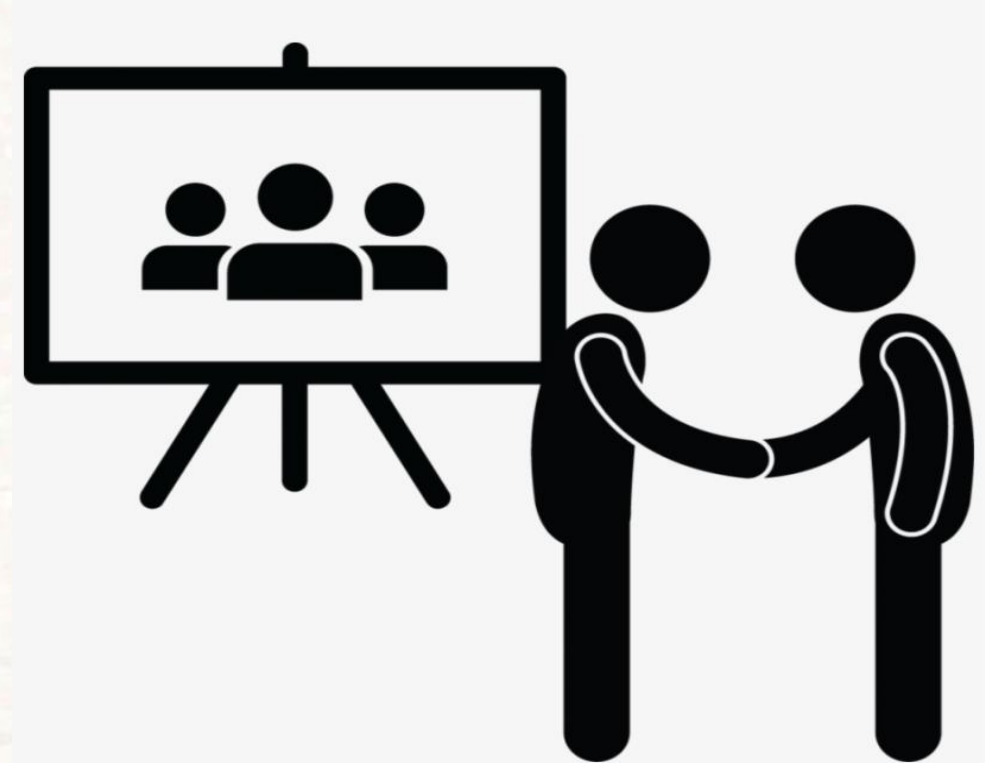
Embrace the “what is”



New Adjustment in the Workplace



Lost co-workers



New employee

Rebuilding your routine

- During Pandemic, your home life crept to your work life



Be open to new possibilities, new ideas and even new behavior

The illustration depicts a stylized black silhouette of a person standing with arms raised in triumph or openness. Above the person's head is a vast, interconnected web of blue circular nodes, each containing a white icon. These icons represent a wide array of modern concepts: a house, a bicycle, a car, a lightbulb, a musical note, a smartphone, a cloud, a handshake, a gear, a magnifying glass, a bar chart, a speech bubble, a mail envelope, a camera, a laptop, a server rack, a globe, a leaf, a recycling symbol, a shopping cart, a graduation cap, a heart, a star, a rocket, a flag, a trophy, a medal, a ribbon, a banner, a scroll, a book, a pencil, a ruler, a compass, a protractor, a calculator, a clock, a calendar, a newspaper, a magazine, a television, a computer monitor, a tablet, a smartphone, a smartwatch, a fitness tracker, a smart home hub, a smart speaker, a smart refrigerator, a smart oven, a smart washing machine, a smart dryer, a smart vacuum cleaner, a smart lawn mower, a smart garden hose, a smart irrigation system, a smart security system, a smart alarm system, a smart fire extinguisher, a smart smoke detector, a smart carbon monoxide detector, a smart water leak detector, a smart pet feeder, a smart dog house, a smart cat house, a smart birdhouse, a smart insect repellent, a smart mosquito net, a smart air purifier, a smart humidifier, a smart dehumidifier, a smart heater, a smart cooler, a smart fan, a smart lamp, a smart plug, a smart switch, a smart dimmer, a smart thermostat, a smart doorbell, a smart lock, a smart garage opener, a smart remote control, a smart keychain, a smart watchband, a smart phone case, a smart bag, a smart suitcase, a smart luggage, a smart backpack, a smart wallet, a smart ID card, a smart access card, a smart keycard, a smart badge, a smart name tag, a smart identification tag, a smart tracking tag, a smart location tag, a smart time tag, a smart date tag, a smart event tag, a smart conference tag, a smart trade show tag, a smart exhibition tag, a smart seminar tag, a smart workshop tag, a smart training tag, a smart certification tag, a smart diploma tag, a smart degree tag, a smart license tag, a smart permit tag, a smart visa tag, a smart passport tag, a smart travel tag, a smart vacation tag, a smart holiday tag, a smart festival tag, a smart concert tag, a smart sports tag, a smart game tag, a smart competition tag, a smart award tag, a smart prize tag, a smart gift tag, a smart present tag, a smart package tag, a smart box tag, a smart container tag, a smart vessel tag, a smart vehicle tag, a smart mode of transport tag, a smart means of transport tag, a smart method of transport tag, a smart way of transport tag, a smart manner of transport tag, a smart style of transport tag, a smart fashion of transport tag, a smart trend of transport tag, a smart潮流 of transport tag, a smart fashion of transport tag, a smart trend of transport tag, a smart潮流 of transport tag.



Create healthy boundaries



Do activities that you enjoy



do
WHAT
You
LOVE

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Focus on what is comfortable for you



With Many People



With Few Friends



With Self

Accept the Process



Coping Strategies



Healthy Coping vs Negative Coping

How do you handle crises or challenges before?

Negative Coping Strategies



Social Media



Alcohol &
Drugs



Online Shopping



Online Games



Porn



Over Eating

**Draw on the skills
that have helped in the past
to manage previous
crises/adversities,
and use these skills
to manage the present one**



Positive Coping Strategies



Give yourself some grace



**WHAT KIND
OF POSITIVITY
DO WE NEED?**

Illustration by Sarnad from www.dribbble.com



**Positivity
that is
grounded.**

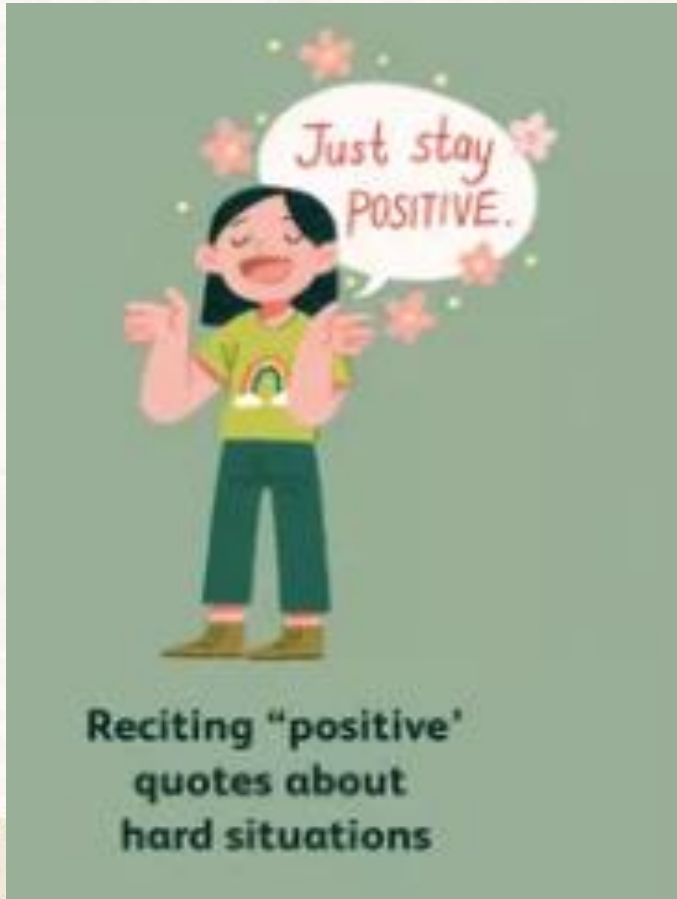
Emotional Responses to COVID-19



Source: Google Picture

Toxic Positivity as Emotional Responses to COVID-19

Toxic positivity



- A belief that no matter how dire or difficult a situation is, people should maintain a positive mindset

Toxic Positivity as Emotional Responses to COVID-19

Toxic positivity



- A "good vibes only" approach to life
- Rejection of difficult emotions in favor of a cheerful, often falsely positive, facade

- When something bad happens, such as losing your job, people tell you to “just stay positive” or “look on the bright side.”

Was it helpful????



- After experiencing some type of loss, people tell you that “everything happens for a reason.”

Was it helpful????



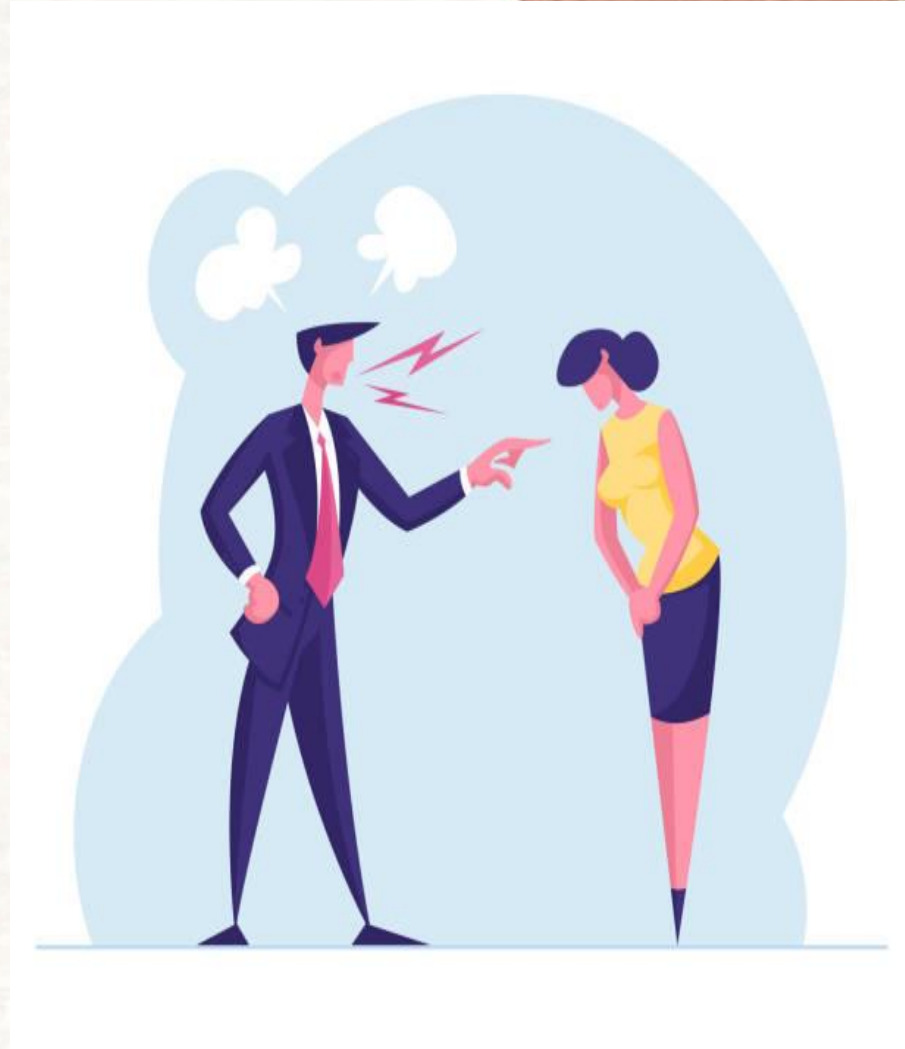
- When you express disappointment or sadness, someone tells you that “happiness is a choice.”

Was it helpful????



Toxic Statements

- Things happen for a reason.
- Failure isn't an option.
- Happiness is a choice.



Why is it harmful rather than beneficial?

- Toxic positivity can actually harm people who are going through difficult times.
- Rather than being able to share authentic human emotions and gain unconditional support, people find their feelings dismissed, ignored, or outright invalidated.

Why is it harmful rather than beneficial?

- Person felt guilty and shamed for not being okay
- It inhibits growth for a person who is going through difficulties

Signs of Toxic Positivity

- Brushing off problems rather than facing them.
- Feeling guilty about being sad, angry, or disappointed.

Signs of Toxic Positivity

- Hiding your true feelings behind feel-good quotes that seem more socially acceptable.
- Hiding or disguising how you really feel.

Signs of Toxic Positivity

- Minimizing other people's feelings because they make you uncomfortable.
- Shaming other people when they don't have a positive attitude.
- Trying to be stoic or "get over" painful emotions.

Those difficult emotions,
while often unpleasant and
hard to deal with, are
important and need to be felt
and dealt with openly and
honestly.

How to Avoid Toxic Positivity

- Manage your negative emotions, but don't deny them.
- Be realistic about what you should feel. When you are facing a stressful situation, it's normal to feel stressed, worried, or even fearful.

How to Avoid Toxic Positivity

- Don't expect too much from yourself. Focus on self-care and taking steps that can help improve your situation.

How to Avoid Toxic Positivity

- It's okay to feel more than one thing.
- Focus on listening to others and showing support.
- When someone expresses a difficult emotion, don't shut them down with toxic platitudes.

How to Avoid Toxic Positivity

- Instead, let them know that what they are feeling is normal and that you are there to listen
- Notice how you feel

“When you are going through something hard, think about ways to give voice to your emotions in a way that is productive.
Write in a journal.
Talk to a friend.
Research suggests that just putting what you are feeling into words can help lower the intensity of those negative feelings”

Non-Toxic Alternatives

- I'm listening.
- I'm here no matter what.
- That must be really hard.



Non-Toxic Alternatives

- Sometimes bad things happen. How can I help?
- Failure is sometimes part of life.
- Your feelings are valid.



GOOD MENTAL HEALTH **IS ACHIEVED WHEN YOU**



SLEEP WELL



EAT HEALTHY FOOD



MEDITATE



EXERCISE



BECOME GRATEFUL

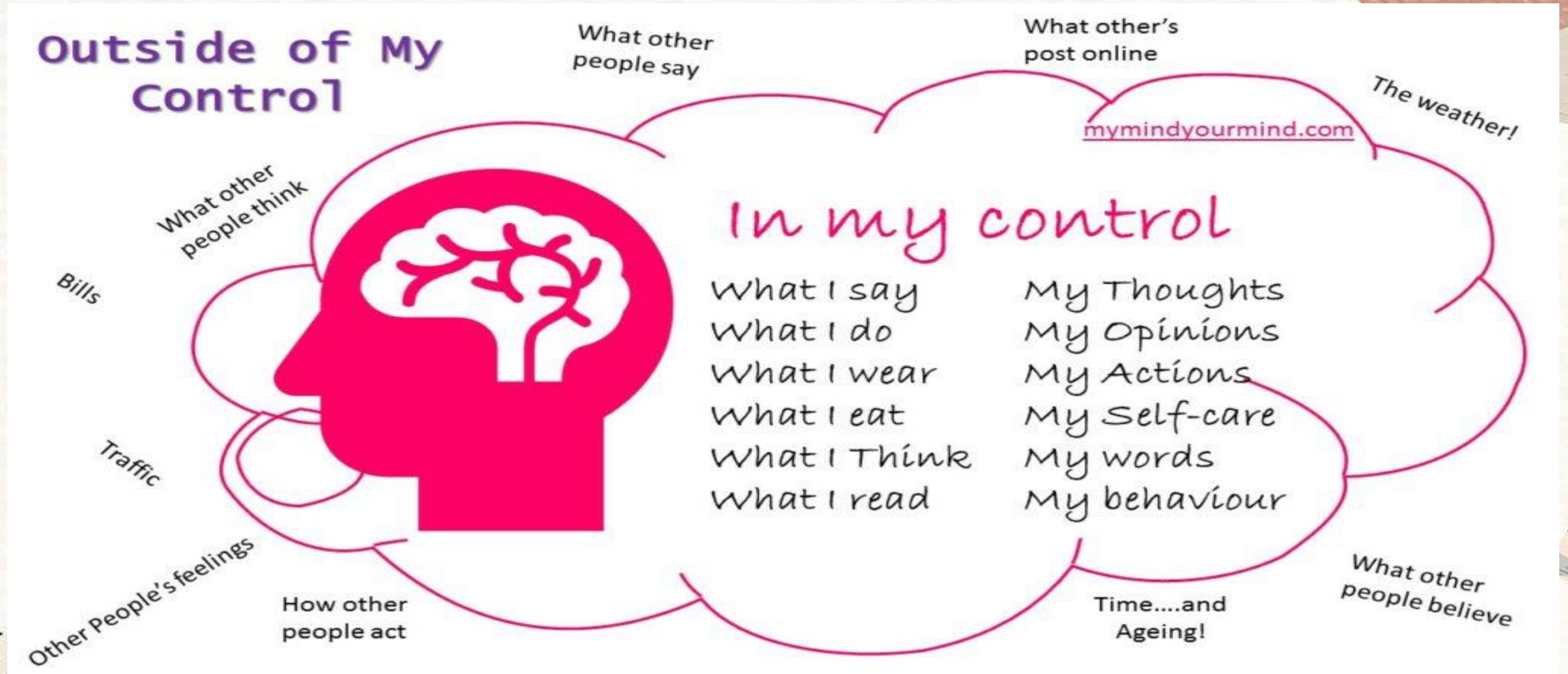


LAUGH MORE

Engaged in healthy activities that you enjoy and find relaxing



Focus on what you can control



SCHEDULE YOUR WORRY

6

SCHEDULE
WORRY TIME



IF YOU CAN'T HELP BUT WORRY, THEN SCHEDULE A TIME AND PLACE FOR WORRYING. THIS WAY IT WON'T INTERFERE WITH OTHER ASPECTS OF YOUR LIFE.

SCHEDULE YOUR WORRY

Mental Strength Exercise

Schedule time to worry.

Set aside 15 minutes every day to worry.

When your worrying time comes along, sit down and worry as much as you can (write down your worries if that helps).

When you catch yourself worrying outside of that time, remind yourself it's not time to worry yet.

With practice, you'll contain your worrying to just 15 minutes each day rather than allow your worries to invade all your time.



Amy Morin, LCSW

· October 24, 2019 ·

Who do you want to be after this pandemic?



What have you discovered about yourself?



**Don't just
survive
choose to
thrive!**



Thank
you