

STRESS

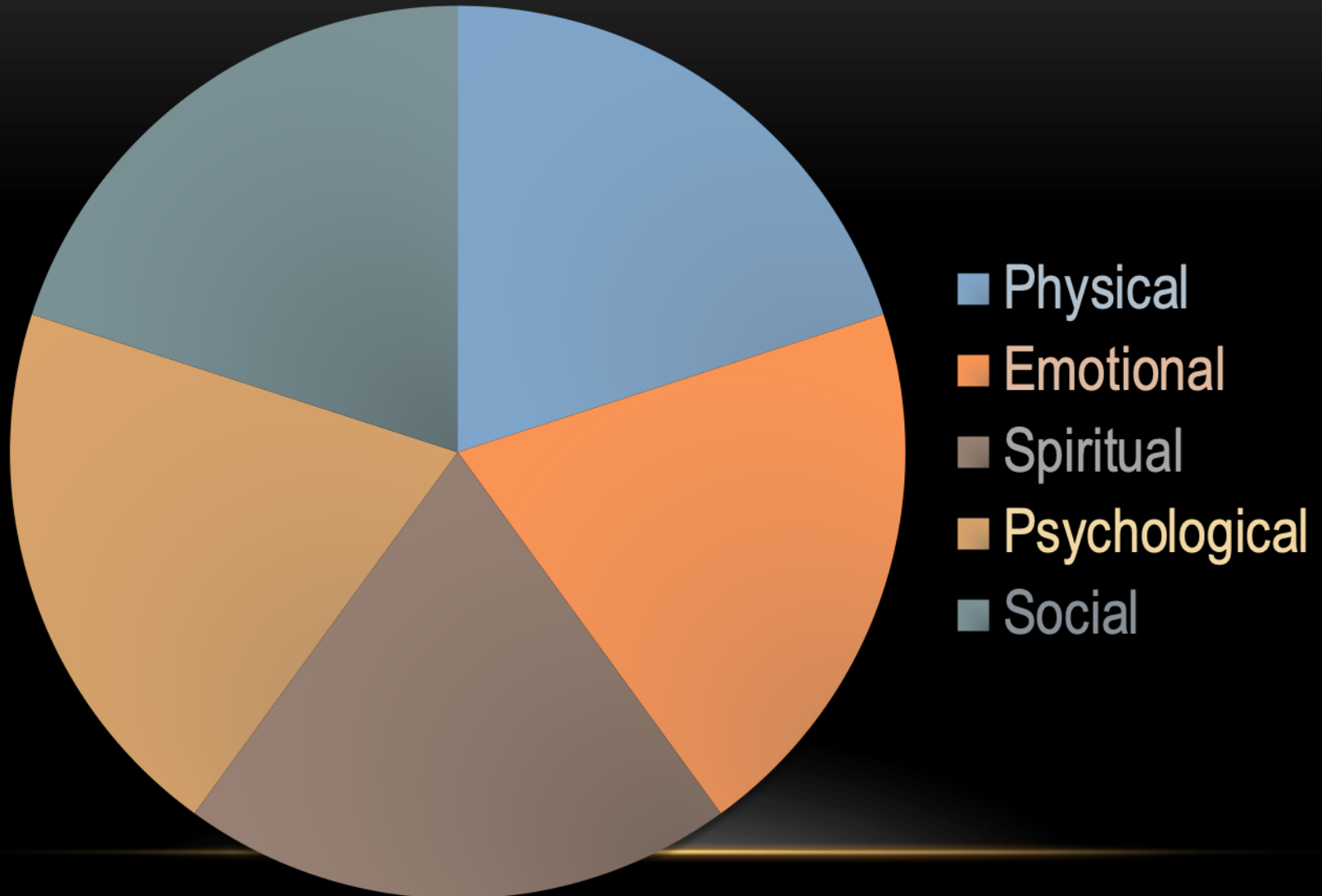
Bodily or mental tension resulting from factors that tend to alter an existent equilibrium.

WEBSTER

RIP CURRENT



DIMENSIONS OF PERSONHOOD



COVID AND STRESS

Body Reactions

Fight or Flight Response

COVID AND STRESS

Fight or Flight Response

Body Reactions

Emotions:

Fight: Anger, Irritability

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Flight: Anxiety, Worry

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Learned Helplessness:

Depression, Guilt

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Behavior:

Conflict

Avoidance

Withdrawal

COVID AND STRESS

THOUGHTS:

Anticipating negative events

Obsessing

Underestimating coping capacities

SOCIAL RELATIONSHIPS:

Isolation

Avoidance of places, people

Seeking constant reassurance

COVID AND STRESS

SPIRITUALITY AND FAITH:

Cut off from Sacraments

Feeling let down, abandoned by God

Doubt

Mistrust

COPING WITH COVID

WARNING



**POSSIBLE RIP
CURRENTS
SWIM WITH
CARE**

RIP CURRENT WARNING

**THIS BEACH IS SUBJECT
TO RIP CURRENTS
(FAST MOVING OUTWARD WATER)**



**IF CAUGHT IN A RIP
CURRENT - DO NOT PANIC**



**SWIM EVEN WITH THE
SHORE UNTIL CURRENT
WEAKENS & BEGIN TO
MAKE YOUR WAY TO
SHORE**

COPING WITH COVID

Don't Panic

Keep Your Eyes on the Shore

Swim Sideways then at an Angle to Shore

Yell for Help

COPING WITH COVID: BODY

Calm Breathing

Sleep

Nutrition

Exercise

Limit Caffeine

No Drugs, Alcohol, etc.

Eat well, sleep, exercise

Controlled breathing

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COPING WITH COVID: MIND

Internal Locus of Control

Realistic Thinking:

- Preference thinking

- Accurate labeling

- Discomfort tolerance

- Self-acceptance

Mindfulness

COPING WITH COVID: BEHAVIOR

Routines

Time Management

Limited Media

Enjoyable Activities

Acting Opposite vs. Avoidance

COPING WITH COVID: CONNECTIONS

Family

Friends

Service Connections

Trusted Adults

Professional Health Care Providers

COPING WITH COVID: CONNECTIONS

God

“Nothing created has ever been able to fill
the heart of man. God alone can fill it
infinitely.”

St. Thomas Aquinas

JOHN 13:34

I give you a new commandment:—^{*}
love one another. As I have loved
you, so you also must love one
another.

“crisis”:
danger and opportunity
side by side

危机

“All the world is full of suffering...
It is also full of overcoming.”

Helen Keller

