

MANAGING ANXIETY & STRESS IN THE WORLD OF COVID-19 (Information from the CDC)

PERSONAL HEALTH RESILIENCE

A person's "resilience" is their ability to bounce back from a difficult or life-changing event—like the diagnosis of chronic disease or the impacts of a natural disaster. People—and communities they are a part of—are better able to withstand, adapt to and recover from adversity when they make healthy choices, like the decision to prepare for emergencies.

When enough healthy, socially-connected and prepared people come together, they form a community that is often better able to withstand, manage and recover from disasters.

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at

higher risk for COVID-19

- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Difficulty concentrating
- Worsening of chronic health problems
- Increased use of alcohol,

tobacco or other drugs

- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy and activity levels
- Difficulty sleeping or nightmares and upsetting thoughts and images
- Physical reactions, such as headaches, body pains, stomach problems and skin rashes
- Anger or short-temper

Things you can do to support yourself:

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to

SMART FOR YOUR CLIENTS

Good for Your Community



ENDOW IOWA TAX CREDIT PROGRAM

Your local community foundation can help your clients support the causes they care about. Charitable donations may qualify for the Endow Iowa 25% state of Iowa tax credit — letting your clients give for less. To learn more visit:



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eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Taking care of yourself, your friends and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression or anxiety, or you feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- The Iowa Lawyer's Assistance Program at 515-277-3817 or help@iowalap.org.

A MESSAGE FROM DAN MOORE, THE PRESIDENT OF THE IOWA LAWYERS ASSISTANCE PROGRAM (ILAP) BOARD OF DIRECTORS

Please know that the Iowa Lawyers Assistance Program (ILAP) has always been, and at this time in the world-wide crisis that we have not experienced before, is now ready, willing and able to offer our help to Iowa lawyers, judges and law students who may be struggling. The following members of the Board of Directors offer to share their experience, strength and hope with others. This service is in addition to contacting our ILAP Director Hugh Grady. Please remember that all communications are confidential.

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WELLNESS CORNER

EMOTIONAL WELLNESS

This area of emotional well-being includes awareness, understanding and acceptance of your emotions and your ability to manage them through challenges and change.

RESILIENCE

Resilience is our ability to bounce back from adversity in a healthy way. Resilience comes from a collection of personal competencies which we can change and develop.

Examples are effective problem-solving, flexible thinking, optimism, impulse control, social support, empathy and faith/spirituality.

OPTIMISTIC EXPLANATORY STYLE

This is a behavior where a person takes an adverse event and puts it in a rational context rather than

engaging in catastrophic thinking. A way to improve this behavior is to monitor and dispute your automatic negative self-talk.

REFRAME NEGATIVE SELF-TALK

A process to find a positive view of adverse events or ideas you dislike. (1) Describe your situation. (2) Identify your personal ability to cope with the event. (3) Write a redemptive narrative why a tough event can, with the passage of time, also be something positive.

TIPS TO TRY

Activate your senses

- Stargaze, walk through a park, listen to the birds
- Smell pleasant aromas, feel the ground under your feet
- Connect with supportive people
- Participate in an experience with a trusted friend

- Go for a walk or bike ride with a family member and no agenda

Control impulses

- Delay action to allow time to think about consequences and alternatives
- Ask for time to decide or to respond

Let yourself feel

- Give yourself permission to feel emotion without apology
- Allow yourself to walk away from a situation that is emotionally harmful to you

The information for this monthly column is provided by the ISBA Well-Being Committee and the YLD Wellness Committee. Additional resources can be found on iowabar.org/wellbeing

Connect with us:

#isbawellness