

WEBINAR CHAT NOTES

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Finding Stability & Connection in the Midst of COVID 19 Anxiety

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Key Takeaways from Participants

- Great to begin with short mindfulness activity
- I like the fact of recovering from stress if practice mindfulness. I will practice that more often
- Compassion for ourselves is the source of compassion for other people.
- The Tree of Contemplative Practices: <http://www.contemplativemind.org/practices/tree>
- Recognition of different ways the branches of the contemplative tree apply to myself and those around me. How we are coping differently.
- I had never thought about the many different avenues to mindfulness--know them individually but never really connected them to the end result.
- Meditation and mindfulness don't have to take a long time - can be done in just a few minutes for even seconds.
- We are not separate from nature but a part of it.
- This is what I got in the poem: we all have despair, suffering in some way. One is not necessarily worse than the others if it gives the person distress. But the world goes on, this is a common human experience, and all will be ok.
- All of us are part of a big family ...the world!
- No judgement with how one emotionally responds

Question: How does stress affect you?

- Eating habits
- Exhaustion
- Insomnia
- Isolated/withdrawn
- Lack of focus/concentration
- Mind/thoughts racing
- Short tempered

Question: How do you cope with stress and stay grounded?

- Apps mentioned: Aura, Balance, Breathe, Calm, DownDog, Headspace, Insight Timer
- Caritas (Caring Science) practices
- Contemplative prayer
- Deep breathing
- Energy work
- Essential oils: Lavender calming, helps with sweet dreams

- Exercise
- Experience nature
- Guided imagery exercises
- Handwashing practice
- Heart Math
- Kristin Neff's work
- Listen to songs without lyrics and let my mind visual a type of video for the song (Cliffs of Dover by Eric Johnson is a fantastic song to try it to)
- Look for the silver lining
- Meditation
- Practice daily gratitude
- Practice day-to-day mindfulness, more of a presence in the moment
- Prayer
- Progressive muscle relaxation
- Psalms and Proverbs
- Quiet time
- Rain sounds on Pandora
- Read a script from a Taoist book
- Reading
- Reading poetry and inspirational readings
- Reiki practitioner
- Sleep hypnosis
- Swim in the ocean help a lot
- Tapping into the "fives"
- Watch some of my favorite musical artists live streams from their homes
- Watching videos on mindfulness
- Workshops
- Writing my own poetry based on how I'm feeling in that moment
- Writing/playing music
- Yoga

Question: How is your organization/team coping at work?

- Quiet room where people take a short mindful break
- Started a staff wellness group on Facebook and to share ideas about how we decompress at home and offer walking partners at lunch etc... we have had lots of staff sharing ideas
- Send a daily inspirational email to all staff. It includes pictures that make you smile, little jokes, cute pictures of animals and inspirational quotes. Just something for them to take their mind off of all the craziness for just a few minutes each day.