

NOW WHAT? HELPING PARENTS AND GUARDIANS RESET FROM THE STRUGGLES OF THE PAST YEAR

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A Journey to You...LLC

OUTLINE

- Recap from previous presentation
- Questions/Comments/Concerns from previous presentation
- Areas of Change
- Brief Mental Health struggles and statistics
- Now What?
 - Boundaries: Social, Personal, Work-Life Balance
 - Health and Wellness: Physical Activity, Nutrition
 - Emotional Health and Mental Clarity: Tools, Techniques, Supports

FIRST PRESENTATION RECAP

- Changes our youth have experienced
- Top 2 struggles we see being Anxiety & depression
- Top 2 contributing factors being technology addiction issues and decreased physical activity
- How to talk to your kids regarding pandemic related concerns and easing back into social situations
- Easing anxiety tools and techniques to help our kids.

QUESTIONS
CONCERNS
COMMENTS

ANOTHER A'S STORY

- 38 year old female
- 3 children at home and currently pregnant
- Working from home full time, husband works from home full time
- 2 older kids doing virtual, 1 younger kid doing hybrid learning
- Stuck at home way too much
- No break from kids
- Learning to multitask helping kids with schooling and managing work
- Covid limitations affecting: baby shower, seeing friends and family, getting preparations for new baby.
- Increased isolation, fear based thoughts, difficulties in marriage, aggressive tendencies and lashing out at the kids.

SO MANY CHANGES:

- Learning to work from home or facilitate work through technological means: job role changes, salary changes, lay offs, shut downs, ect.
- Kids home full time: helping facilitate virtual learning
- Spouse home more: relationship challenges
- Daycares closed
- Non essential businesses closed
- Having a cold = covid testing and possible quarantine time
- Not able to see friends and family: relationship and friendship difficulties
- Changes in typical routine affecting: sleep, working out, time for self care.

THE PANDEMIC AND ADULT MENTAL HEALTH

-Reported Anxiety and Depression related struggles more than doubled during 2020

*40% of U.S. adults struggled with increased Mental Health or substance use as a result of the pandemic

-Anxiety and/or Depression: 30.9%

-Trauma or Trauma-related stressors: 26.3%

-Increased substance use to help “cope”: 13.3%

*Czeisler MÉ, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057

WHERE DO WE GO FROM HERE?

Initiating change in moving forward

Understanding the most common/likely struggles:

- Interpersonal interactions, social anxieties
- Changes in activities/social distancing
- Differences in opinions and choices
- Work/Life balance
- Establishing healthy routines
- Physical health and wellness
- Self-care
- Fear of moving forward too quickly

NOW WHAT? SETTING AND MAINTAINING BOUNDARIES

Social Boundaries

- Mask-wearing
- Size of social circle/group engagement
- Comfort level with in-person activities
- Increase in energy output/cost

What to do?

- ASK questions: Vaccinations, masks, level of interaction/safety
- Allow for FLEXIBILITY when testing the waters
- PLAN for recovery time
- Start SMALL, progress gradually at your own pace

NOW WHAT? SETTING AND MAINTAINING BOUNDARIES

Personal Boundaries and Healthy Relationships

- Too much time together can be a real thing
 - Excess time with household, isolation from friends
- External stressors impacting relationships at home
- Burn-out from putting others first

What to do?

- Code word tool
- Make plans for independent activity
- Focus on multiple aspects of relationship: Parents, Couple, Friends, Partners
- Communicate about decisions, don't assume
- Give yourself time when needed - you deserve it!

NOW WHAT? SETTING AND MAINTAINING BOUNDARIES

Work/Life Balance and Boundary

- Lines have been blurred
- Anxiety about not doing enough in one or both areas
- Always feeling “on”
- Transitioning back to in-person, or learning of permanent move to virtual

What to do?

- Create new routines
- Positive self-talk
- Engage in pleasant activities for yourself - it’s okay to say “Not right now”
- Speak up about personal comfort and feelings of safety
- If virtual, plan something to leave the house regularly - even for a quick walk

NOW WHAT? HEALTH AND WELLNESS

Physical activity:

- Lack of motivation
- Gyms closed
- Sleep disturbances
- Too many other things to multitask all day
- Routine and typical schedule changes

What to do?

- Buddy system with a friend (virtual workout together)
- Improve sleep by setting boundaries and being able to turn off in the evenings (improve motivation through the day)
- Set smaller obtainable goals
- Adjust expectations
- Develop a new routine within the new boundaries placed.

NOW WHAT? HEALTH AND WELLNESS

Nutrition:

- Lack of time,energy,money,ect to meal plan
- Comfort food during difficult times
- Routine changes affecting decisions
- More time sitting for virtual work and learning

What to do?

- Adjust expectations and plan accordingly
- Comfort food with a twist - healthier versions of your favorite foods
- Take turns planning meals within the family (get kids excited about healthier options too)
- Portion out healthy snacks for quick grab and go when too busy
- Take time to focus on eating meals

NOW WHAT? EMOTIONAL HEALTH

Supports:

- Lack of seeing friends and family through the pandemic
- Spouse/significant other relations changed
- Inability to connect with others during difficult times (lack of privacy)

What to do?

- Outside space for seeing friends allows for socially distanced connections
- Take the love language quiz and communicate the findings with your partner to learn how to connect and communicate efficiently
- Go for a walk while calling a friend, find a calm down spot of your own to de-escalate.
- Increased vaccinations allowing people to feel safer getting together. (CDC guideline suggested: fully vaccinated individuals may get together with other fully vaccinated individuals without masks or physically distancing)

TOOLS AND TECHNIQUES FOR MANAGING DISTRESS

- Breathing exercises and deflating your balloon
- Grounding and Visualization
 - What are the details surrounding you?
 - What is your favorite or “safe” space?
- Fact Checking: Current COVID numbers for example, “Covid numbers are rising”
 - New Cases per day: Jan 31 = 182, March 24 = 89, April 25 = 58
 - Of course, more factors than just numbers
- Cognitive challenging and replacement
 - Negative thought: I feel helpless and overwhelmed.
 - Positive replacement: I get to choose my priorities and boundaries.
- Sparkler or Firework? (Helpful for kids too)
- Journaling, hobbies, crafting, music, etc.
- Identifying any positives to maintain moving forward

6 FINAL TIPS

1. Remind yourself of what you CAN control
 2. Establish a new routine
 3. Make movement a priority
 4. Limit negative social media and news exposure
 5. Set boundaries and initiate change at the pace that feels safe
 6. Keep conversation open and validating
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SERVICES AVAILABLE THROUGH A JOURNEY TO YOU

- Individual, couples and family counseling
 - Clinicians specializing in children, adolescents, adults, trauma, anxiety, depression, LGBTQ+
- EMDR (Eye Movement Desensitization and Reprocessing)
 - Evidence based trauma therapy
- Neurofeedback
 - Evidence based bio and neurofeedback to “rewire” the brain
- Walk and Talk sessions
 - Therapy room equipped with whisper quiet treadmills and screen for walking therapy session
- Group Counseling
 - Trauma
 - Grief and Loss
 - Lifting the Burden (Support Group)
 - “Who moved my cheese?” (Anxiety)
 - Children with Incarcerated Parents
 - Health and Wellness program for parents and children

HOW TO CONTACT US:

By phone: 814-325-0280

By email: Reception@ajourneytoyou.com

-In-person and Telehealth options available

-Most insurances accepted

-Licensed clinicians, Master's level clinicians, Master's level interns

Two Locations:

1107 West College Avenue

State College, PA

221 West High Street, Loft 500

Bellefonte, PA