



Coping in a Pandemic

Provided by the Mental Health Association of Frederick
County

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Designed & Made
Chic
Schomberg, Ont.

What are we experiencing?

- ❖ Difficulty Concentrating
- ❖ Overly Quiet
- ❖ Worry
- ❖ Comparing Self to Others
- ❖ Overachieving
- ❖ Difficulty with changes/
transitions
- ❖ Negative Self Talk
- ❖ Overwhelmed Fidgety/Antsy
- ❖ Wringing Hands
- ❖ Startle Response
- ❖ Panic Attacks
- ❖ Anger/Frustration/Irritable
- ❖ Perfectionism
- ❖ Eating Changes
- ❖ Sleep Changes
- ❖ Isolation

How can we feel better?

New vs Old Skills

- Deep Breathing
- Meditating
- Guided Imagery
- Yoga
- Stress Ball
- Fidget toys
- Journaling
- Prayer
- Talk About It
- Crying
- Walk
- Exercise
- Art **Coloring
- Music
- Play a Game
- Screen Absence
- Time Alone
- Time with Peer
- HUMOR

Wellness Plan

❖ Goals/Plans (3)

❖ I'm connected with the following resources:

❖ I can ask for help from the following supports:

❖ Calming/relaxation activities:

❖ My feeling today:

❖ Causes of Feelings:

❖ Today I will:

❖ Self-assessment right now is:

1 Doing okay 2 A little upset 3 Moderately upset 4 Very upset 5 Extremely upset

Additional Resources

- ❖ <https://fcmha.org/coronavirus>
 - ❖ Wellness Plan
 - ❖ Virtual Walk-in Crisis Appointment
 - ❖ Request MHA Counseling Appointment
- ❖ Crisis numbers: 2-1-1 or 301-662-2255
- ❖ National Suicide Prevention Lifeline 1-800-273-8255
- ❖ MHA Walk-in services are available in person Weekdays 10-10 and Weekends 10-6 (no appointment needed)