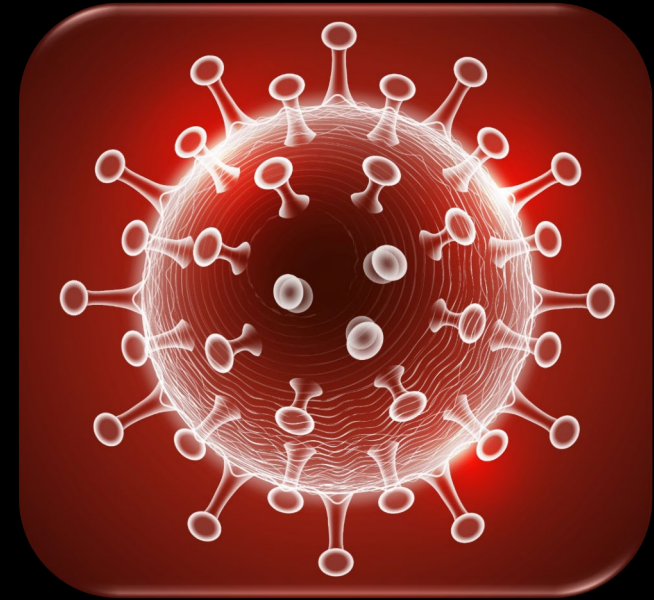


# Downregulating Dysregulation

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## COVID-19 Pandemic a crisis?

### What is a crisis?

- Highly **stressful** situations with the **potential for negative outcomes**
- Situations that are **short-term** and do not last forever

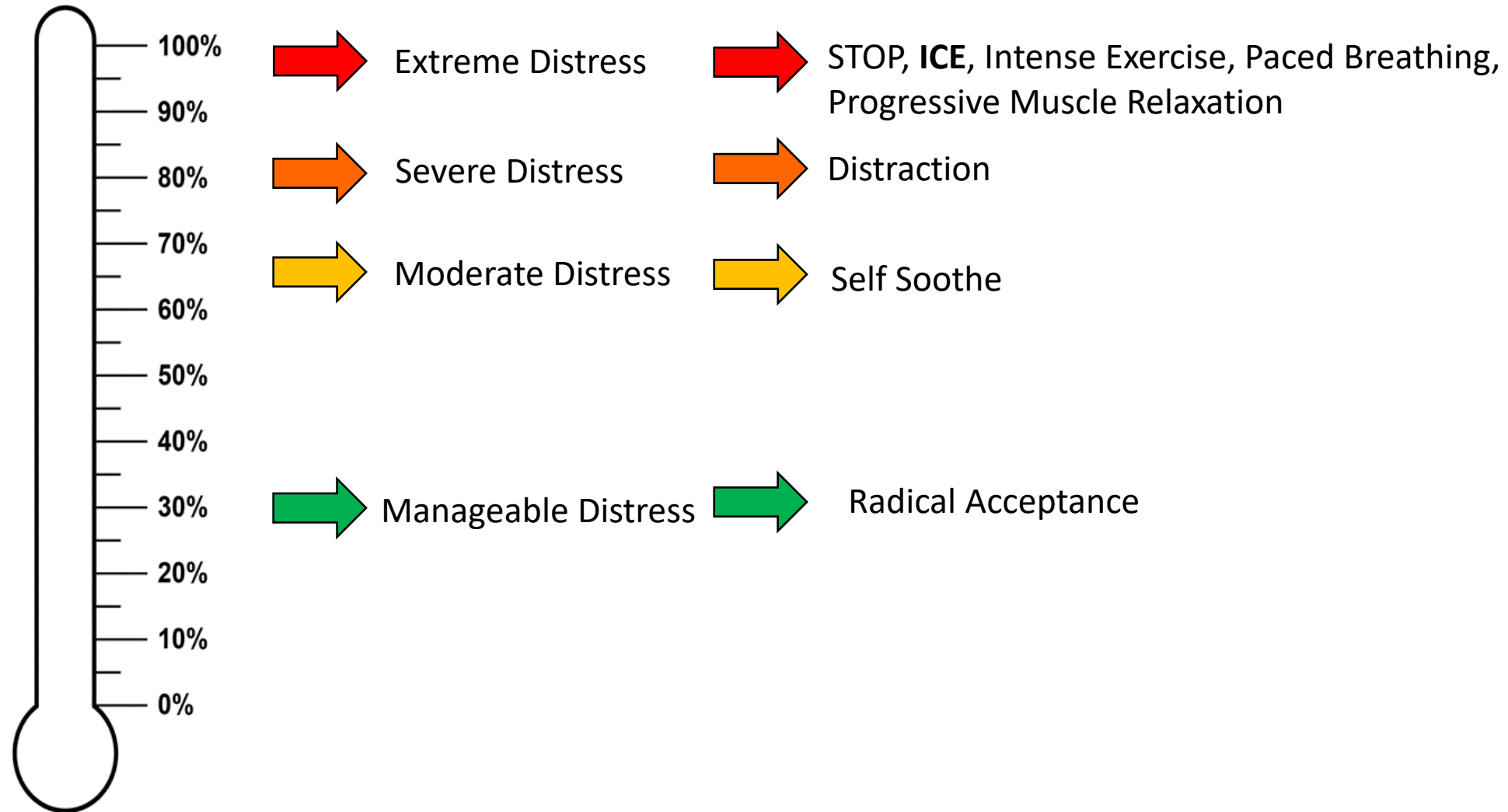
### Expected crisis response

- Distress
- Anxiety/Worry
- Sleeplessness
- Irritability
- Activation of our **sympathetic nervous system**



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### STOP – TIPP – Extreme Distress

- Temperature
  - Ice pack, Frozen peas from the freezer, on the face, bend forward, hold breath for 30 seconds.
  - [https://www.youtube.com/watch?v=ZVHtjDgc\\_XU](https://www.youtube.com/watch?v=ZVHtjDgc_XU)
- Intense Exercise
- Paced Breathing
  - <https://www.drweil.com/videos-features/videos/the-4-7-8-breath-health-benefits-demonstration/>
  - Smart Watch Breathing Exercises
- Progressive Muscle Relaxation
  - <https://www.youtube.com/watch?v=1nZEdqcGVzo>



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## Distraction – Severe Distress

- Get Distance from Crisis Content/Stimuli



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## Self Soothe – Moderate Distress

- Create space and time for comfort and recovery





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### Radical Acceptance

- This stress response **makes sense**
- It's **understandable** that people are going to be more on edge and stressed out
- Some anxiety is going to **help me** be effective
- Anxiety can feel **unpleasant** and serve a purpose
- **Uncertainty** is hard and I can live with it





## RESOURCES

### For Physicians Wellness

- Physician Support Program
  - <https://www.albertadoctors.org/services/pfsp>
- PAA- Disaster Response Network
  - <https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>

### For Patient Care

- AHS:
  - Help in Tough Times:  
<https://www.albertahealthservices.ca/amh/Page16759.aspx>
- Mental Health Help Line:
  - 1-877-303-2642
- Text4Hope
  - <https://www.albertahealthservices.ca/topics/Page17019.aspx>