

CBT Toolkit for COVID-19

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Disclosures

No disclosures

Taking Charge of What you Can: A Covid-19 Toolkit

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TAKING CHARGE OF WHAT YOU CAN:
A COVID-19 TOOLKIT

COMMUNITY ADDICTION AND
MENTAL HEALTH - SUNRIDGE

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*“The greatest glory in living lies not in never falling,
but in rising every time we fall.”*

— Nelson Mandela

Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress ... As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth.”

Psychological factors linked to resilience

- **Optimism/positive thinking**
- Cognitive reappraisal - seeing the silver lining
- **Active coping** - “behavioural and/or psychological strategies to change the qualities of the stressor, the stressor itself, or how the stressor is perceived”
- **Social support**
- Humour
- **Physical Activity**
- Prosocial behaviour/altruism
- **Mindfulness**
- Moral compass/purpose in life

What do we need right now?

- Balance (e.g., gentle- pushing oneself; rest-productivity; care for others-self-care; distraction-reflection)
- A sense of control
- “Zooming in” - thinking and behaviours that are focused on today, tomorrow, this week
- Structure and routine
- Normalization and validation
- Minimizing any more stress or anxiety than is necessary

The Onion



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Social	ROUTINE BUILDER Brainstorm ideas for activities that will be part of your new daily routine. You might need to think outside the box. Use your creativity!	Productive
Physical	Self-Care	Pleasurable

ROUTINE BUILDER
We are aiming for one activity in each category per day, as well as a good sleep routine

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Social

Spend time with friends/family using a video chat program (e.g. Zoom, Skype). Try:

- A wine night
- Eating a meal together
- Board games or video games
- Cook together (share a recipe)
- A book club

Call or text a friend or family member

Virtually watch TV or a movie with someone (e.g., using Netflix Party extension)

Help someone in need

Hang an inspirational banner or sign outside your house for your neighbours to see

Physical

Go for a walk

Try an online yoga, tai chi, or fitness video

Physical video games (e.g., Wii Fit, Just Dance)

Lift weights

Stretch or roll out your muscles

Doing a household chore that is physical (e.g., vacuuming)

Snowshoeing, cross country skiing, tobogganing

Sit-ups or push-ups

Walking/running up indoor or outdoor stairs

Online dance classes or a dance party

Ride your bike

Use home exercise equipment

Play with your kids

ROUTINE BUILDER

Here are some ideas to get you started.

TIPS:

- You can also brainstorm ideas with people in your life or with your therapist
- Please maintain a 2 m distance from others while doing activities outside the home !

Productive

Pick a project (e.g., re-arranging your furniture, fixing something, home improvement)

Organize a closet, your clothing, a bookshelf

Daily household chores

Cook a meal, bake something, canning

Sign up for an online class

Grocery shopping

Shoveling

Getting your balcony/yard ready for spring

Clean out your car

Spring cleaning

Clean out your fridge

Pay bills, do paperwork

Pleasurable

Board games or puzzles

Video games

Play an instrument or learn how to play one online

Art or craft projects (e.g., painting, drawing, make gifts, jewelry making, model painting, origami)

Colouring

Listen to music or make a playlist

Watch a TV show or movie

Online virtual tours of museums

Make a photobook

Read a book or look through magazines

Build something

Explore the online resources through the Calgary Public Library

BRAINSTORMING CHEATSHEET

This list can help you/your patients get started with brainstorming. You might need to get creative!

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YOUR ROUTINE for the week of: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Stuck to planned wake up time of _____ am							
Productive Activities							
Pleasurable Activities							
Self-Care Activities							
Social Activities							
Physical Activities							
Stuck to planned bed time of _____ pm							


















































MINI GOALS for the week:








ROUTINE CHECKLIST

- Track your progress
- The “sweet spot”- balance pushing yourself with being gentle with yourself
- Set regular bed times
- Set realistic goals for each week
- Watch out for “The Critic”

Can be adapted for children!

Credit: Corinna Chong

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 friends or family time	 friends or family time	 friends or family time	 friends or family time	 friends or family time	 friends or family time	 friends or family time
 exercising	 exercising	 exercising	 exercising	 exercising	 exercising	 exercising
 going outside	 going outside	 going outside	 going outside	 going outside	 going outside	 going outside
 learning	 learning	 learning	 learning	 learning	 learning	 learning
 creating	 creating	 creating	 creating	 creating	 creating	 creating
 helping out	 helping out	 helping out	 helping out	 helping out	 helping out	 helping out
 rest / quiet time	 rest / quiet time	 rest / quiet time	 rest / quiet time	 rest / quiet time	 rest / quiet time	 rest / quiet time

 friends or family time <ul style="list-style-type: none">• playing together• talking on the phone• videochatting• eating a meal together• cuddling	 exercising <ul style="list-style-type: none">• riding my bike or scooter• going for a walk• hiking• dancing• yoga	 going outside <ul style="list-style-type: none">• going for a walk• picnicking• playing in the yard• sidewalk chalk• gardening	 learning <ul style="list-style-type: none">• reading books• building• puzzles• writing / practicing letters• playing games
	 creating <ul style="list-style-type: none">• drawing• painting• crafting• colouring• writing stories or poems• taking photos or videos	 helping out <ul style="list-style-type: none">• washing dishes• cooking• baking• cleaning• vacuuming• tidying up• doing laundry	 resting / quiet time <ul style="list-style-type: none">• reading books by myself• watching a movie or TV show• napping

HELPFUL Worry

- You are worried about something that is a real problem
- You have control over the thing you're worrying about
- It motivates you to do something to solve a problem
- You CAN do something about it, and you can do it NOW

EXAMPLES: *worrying about going into crowded situations; worrying about your teenager not respecting social distancing guidelines*

UNHELPFUL Worry

- You are worried about something that is not totally based on facts
- You have no control or responsibility about the thing you're worrying about
- You can do something about it, but NOT NOW

EXAMPLES: *What will happen to the world?; Will things ever go back to normal?; worrying about strangers not respecting social distancing guidelines*

When you notice yourself worrying, work through the following steps:

1. What are your worries? (write down specific things you are saying to yourself)
2. Pick one worry that you wrote down. Is this worry helpful or unhelpful?
3. For helpful worries: DO SOMETHING! Come up with a step-by-step plan of how you will solve the problem. What is your plan?

For unhelpful worries: USE A SKILL to manage your anxiety, including distraction, mindfulness, or relaxation. What skill could you use right now instead of focusing on your worry?

Coping Self-Talk- REMINDING YOURSELF THAT YOU ARE RESILIENT

It will be okay

You are strong

You've got this!

This won't be forever.

Together we can do this

Take things one day at a time

Focus on what you can control

This is an adjustment period- you'll get used to it over time

You've coped with tough things before, you can do it again

Just focus on what you need to do today, tomorrow, this week

Compassionate Self-Talk

WHAT WOULD THE GOOD COACH SAY? WHAT WOULD YOU SAY TO YOUR PATIENTS?

Be kind to yourself. Recognize you are human. Give yourself empathy.

You are a good person.

Good enough is good enough!

Just like everyone else, you're trying to survive.

It would be weird if you WEREN'T feeling anxious!

It's normal and understandable to be struggling right now.

It's okay that you're finding this hard. You're trying your best!

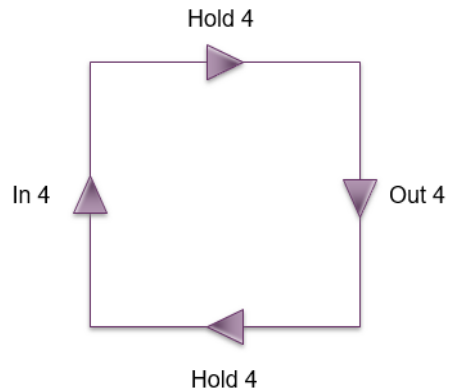
This is not normal life - why would you be operating at 100% right now?

Media use tips

- Consider your sources
- Set limits - time limits, which sources you use, when you watch
- Consider taking a break from social media, if certain platforms have been unhelpful
- Consider whether certain sources of social media could have a positive impact on you
- Consider whether social media is adding unnecessary drama to your life

Relaxation skills

Square Breathing



Grounding

- List as many things as you can see
- List as many colours as you can see
- 54321
 - 5 things you can SEE
 - 4 things you can TOUCH
 - 3 things you can HEAR
 - 2 things you can SMELL
 - 1 thing you can TASTE

Apps (free or low-cost)

Breathe2Relax
BreatheEasyFree
Mindshift

Thrive: Mental Wellbeing
Calm – currently offering more
free content during the crisis
Stop, Breathe & Think
Buddhify

Mindfulness resources

Websites

www.mindful.org – Excellent resource with articles, guided meditations and practices

<https://blog.calm.com/mindfulness-resources> - Monthly mindful calendars with tips, exercises

www.headspace.com – Offering free meditations during the current crisis

Apps (free or low-cost)

The Mindfulness App

Stop, Breathe & Think

Smiling Mind

Headspace

Insight Timer

10% Happier

Buddhify

Calm – currently offering more free content during the crisis



Mind Full, or Mindful?

Image on www.inspirehealth.ca

A final note: Post-traumatic growth

- **APPRECIATION OF LIFE**

Greater appreciation for one's own existence

- **RELATING TO OTHERS**

Deepened relationships, realizing importance of relationships, compassion

- **NEW POSSIBILITIES IN LIFE**

New interests, opportunities, and paths in life

- **PERSONAL STRENGTH**

Sense of personal growth, feeling stronger and more confident

- **SPIRITUAL CHANGE**

Having a stronger faith and understanding of your spirituality