



MENTAL HEALTH IN TIMES OF CRISIS

A WEBINAR PRESENTED BY HEMOPHILIA FEDERATION OF AMERICA
SPEAKER GARY McCLAIN, PhD.



Genetic Wisdom

- Fight or Flight is normal response with physical & psychological changes



...But then, everything looks like a threat

- It's hard to stay positive & rational
- We get exhausted & burn out



We Get Trapped In Fight or Flight or Freeze

anger, frustration, sadness, anxiety, numbness,
detachment, fog

RESILIENCE

You have a choice: There are tools available to you

- Take a step back & **BREATHE**
- Don't follow every thought down the rabbit hole
- Be gentle & forgiving of yourself
- See clearly - what is a catastrophe / crisis and what is not? "Dial it down" & calm down
- Recognize upsides & silver linings
- What is the lesson or reframing?
- Review your foundation
 - Coping Skills
 - Support Network
- Move your body!
- **Vent!**
- What are your strengths?





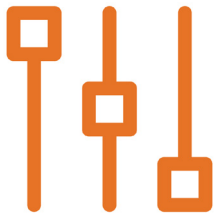
Survivor's Guilt

- This is a difficult time—and we know others face more challenges than we do
- We can share **KINDNESS & RESOURCES**
- Be a force for **GOOD**
 - Don't leave "I love you" left unsaid
- Be a community member in safe ways



Self Care Isn't Selfish

- What do you need to do to be at your best?
- Make yourself a priority
- Express your boundaries to others —
out of care and concern for yourself **and** them
- Monitor your stress



Recognize What's In Your Control & What Is Not!

- What if you give up the need to be perfect?
- Flexibility will help you stay out of the fight/flight/freeze
- Be grateful each day



Get Support

- Don't go it alone!
- Find a safe place to talk about your well being
- Make calls, go online to trusted community
- Inform yourself with FACTS



Ask For Help!

- From friends & loved ones
- Therapists offer phone / online sessions
- Call your state or local hotline for coronavirus information
- Talk to your doctor or social worker

**Additional
Resources**

www.suicidepreventionlifeline.org
Crisis Text Line : text "HOME" to 741741
www.bethe1to.com