Emotional Resilience During the COVID-19 Pandemic
What to expect during a time of uncertainty

Feeling:
- Unsettled
- Overwhelmed
- Numbness
- Fear
- Disbelief
- Anxiety
- Depression
Self-Care when everything is changing

- Anxiety is an understandable reaction
- Avoid information overload
- **Have patience when learning something new**
- Avoid solving problems with addictive behaviors
- Make decisions with intent
- Quiet your mind through mindfulness—Minny Mindful Moments
- Exercise moments
Self-Care

- What are your anchors?
- Stay hopeful by surrounding yourself, virtually, with emotionally healthy people
- Spend time outdoors
- Ask for help
- Speak kindly to yourself
A technique to calm your nervous system and settle down your anxiety

Vagal refresh Exercise

The vagus nerve connects the brain to all major organ systems. It carries the "will I live or die" signal throughout the body, and in the field of psychology is most commonly responsible for the "fight/flight/freeze" survival response. Our vagus is working overload these days, so it could use a little refresh. I have found these techniques to help improve sleep, fall back to sleep easier, and feel more grounded. Hopefully this exercise will help you too.

With head in a straightforward, neutral position:

- Look to the right and hold eyes toward right until you naturally yawn or swallow.
- Look to the left and hold eyes toward the left until you naturally yawn or swallow.
- Tip: If you find your head wanting to turn with your eyes, clasp your hands behind your head at the base of the skull to stabilize.
How to navigate our new normal

- Continue with treatment
- Daily routine
- Daily schedule
- Go back to what calms your mind
Could you use help? Quick Self Assessment

- Are you anxious or having trouble sleeping?
- Unable to relax without alcohol or drugs?
- Having problems getting your work completed?
- Noticing an increase in errors of judgment?
- Lost interest in things you used to enjoy?
- Experiencing emotional numbness?
- Having suicidal thoughts?

If you answered “yes” to any of these questions call LAP for assistance.
Lawyer Assistance Program

- Free, Confidential Counseling
- Available to all Maryland Lawyers, Judges and Law School Students
- Statewide Network of Counselors
- Make a referral
- Financial Assistance Available for Mental Health and Substance Abuse Treatment
- Peer Support is at our Forefront
We can help with a broad range of problems and personal concerns such as:

- Relationships
- Depression
- Substance Abuse
- Marital and Family
- Career Concerns
- Gambling
- Prescription Drugs
- Work/Life Balance
- Bereavement
- Internet Addiction
- Sex Addiction
- Wellness
- Stress and Burnout
- Compulsive Spending
- Eating Disorders
- Secondary Trauma
- Anxiety
- Financial
COVID-19 Health and Wellness Page

Resources to help stay emotionally healthy during these difficult times:

- COVID-19 Health and Wellness Page
  - Home workouts
  - New Video on non traditional exercises
  - Yoga
  - Tip of the day
  - Online classes
  - Emergency resources
  - Substance Abuse resources
  - Friday lunchtime health and fitness series
Contact Us

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Toll-free confidential help 1-888-388-5459