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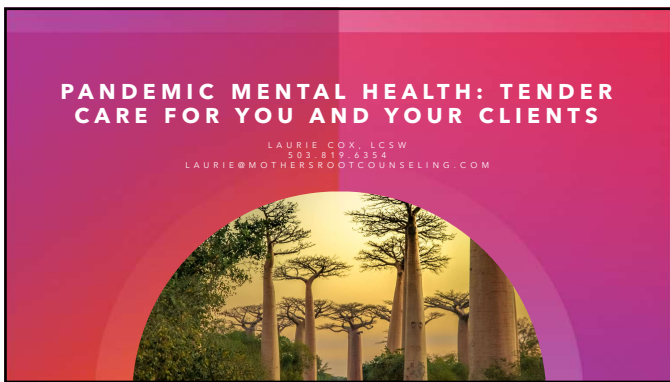
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**Key Elements Of The Pandemic:  
DANGER OF DEADLY DISEASE**

Danger in being physically close to other people

Unknowns of how to protect ourselves and our loved ones

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**Key Elements Of The Pandemic:  
WAVES OF LOSS**

Deaths

Social contact and connection

**Critical supports:**  
jobs, housing, childcare, medical care, community support, schools



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**Key Elements Of The Pandemic:  
ONGOING UNCERTAINTY**

Waves of changing information and expectations

Fear of loss in all the above areas

Fear of being able to provide for our families

When will the danger subside?

What happens next?

Political climate in the US

The dream of 2021

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**Key Elements Of The Pandemic:  
ADAPTATION**

<b>01</b> Changing to protect ourselves	<b>02</b> Changing how we work/what it takes to work	<b>03</b> Learning how to support our children and elders in the new environment	<b>04</b> Learning to access basic needs in new ways
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**What People Are Reporting:  
FAMILIAR LABELS**

Anxiety	Depression
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**What People Are Reporting:  
DEEPER FEELINGS**

Exhaustion	Worry	Personal Failure	Fear
Overwhelmed	Disconnected	Loneliness	Inability to focus
Difficulty remembering words	Lack of exercise	Deep Sadness	Chaos at home
Distortions of Time	Decreased pleasure in activities	Mental fog	Lack of motivation
"I'm fine, I'm not dead"	Feeling scrappy	Hope for vaccine	Old trauma retriggered
	There is a "right" way to do this	Blaming ourselves	

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**NERVOUS SYSTEM RESPONSE**

- Ventral Vagal – the newest part of our nervous system
  - Safe
  - Social
- Sympathetic
  - Mobilized
  - Fight or flight
- Dorsal Vagal – the oldest part of our nervous system
  - Immobilized
  - Collapsed

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**TIPS AND TRICKS: LEVERAGE YOUR THINKING BRAIN**

- Pause and allow space to name what you are experiencing:
  - *Oh, it's worry*
  - *Oh, it's fear*
- Try to hold it without judgement
- If judgement comes up:
  - *Imagine how you would respond to a friend sharing this feeling with you*
  - *Imagine responding to yourself with the same validation and tenderness*

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**TIPS AND TRICKS: SUPPORT TO QUIET THE NERVOUS SYSTEM**

*Feel your feet flat on the ground. Take a few breaths with a focus on extending the exhale.*

Try this while doing dishes, in the bathroom, before you enter the house, before you open your computer

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**TIPS AND TRICKS: ENGAGE YOUR SENSES**

Safety	Send yourself messages of safety and comfort
↓	
Scents	Find scents that support you in this way (candles, body creams, flowers, etc.)
↓	
Music	Find music that support you in this way
↓	
Visuals	Find visuals that do: a picture, arranging a corner of your house in a pleasing way, a plant

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**TIPS AND TRICKS: SUPPORT THE BODY**

- Intentionally position the body to signal safety
  - Feet on the floor
  - What you recommend to feel comfortable for breastfeeding
  - Acknowledge when this isn't happening
- Intentional position the body to feel energy
  - Feet in a wide stance
  - Hands overhead
- Notice what movement engages the body in positive ways and allow space for it
- Rest is worth considering

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**TIPS AND TRICKS: SHIFTING THE VIEW, SHIFTING THE EXPERIENCE**

<p>If you notice something unpleasant</p> <ul style="list-style-type: none"> <li>• Intentionally notice something pleasant</li> <li>• Return to the unpleasant and notice any shift</li> </ul>	<p>When you notice worry, feeling of overwhelm, being trapped/closed in</p> <ul style="list-style-type: none"> <li>• Look out to the horizon, far away</li> </ul>
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## WHAT ABOUT COUNSELING?

### Assessing:

- Support network available to client
- Current levels of distress
- Stressors in situation
- Client's fears for self and family
- Presence of additional traumas in client's life

### Accessing Care:

- Building relationships with referral sources
- Recommending online resources to get started
- Virtual and in-person

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## RESOURCES

### Postpartum Support International

- www.postpartum.net
- Online support groups
- Resources for partners and mothers
- Directory of counselors with expertise in postpartum care
- Office phone answered during business hours

### Baby Blues Connection

- babybluesconnection.org
- Local support groups
- Warm line staffed by volunteers

### Return to Zero:HOPE

- rtzhope.org
- Support groups for parents who have experienced pregnancy and infant loss
- Webinars for parents and professionals

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