

Managing Life and School during Covid19



FALL WORKSHOP

VIA ZOOM

with

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About me



- Licensed Psychologist
- Health and Wellness Center at SAC
- Provide Psychological Counseling
- Workshops and Invited Lectures
- Clinical Supervisor at the Family Assessment Counseling, Education Services.
- Private Practice

Family photo in 2020



Introduction

- * Welcome to the fall workshop via Zoom. If you have been feeling overwhelmed with doing school work while staying home but don't know where to start then this workshop is for you.
- * We will discuss the effective strategies to manage your life while staying home and doing school work, so you can actually get things done with less stress while maintaining your physical, emotional health during these trying times.

Learning Objectives

You will learn:

- The effects of Covid19.
- Signs of burnout
- Five steps to manage your life and school while staying home.
- Resources for your family and yourself

This workshop will be informative as well as experiential.

**Me after I eat all of
my quarantine
snacks in one night**



Polls

- * What is your marital status?
- * Since Covid 19, my life has been
- * I have been impacted most in the following area by Covid19:

Effects of Covid19

- * Financial hardship
- * Poor mental health
- * Poor physical health
- * Relationship difficulties
- * Increase in substance use
- * Decrease in Learning
- * Decrease in quality of life

Stress reaction

- * Caused by the demands and pressures you face everyday
- * Increased by Covid19, civil unrest.
- * Perception of physical and emotional threat.
- * Too much stress –leads to burnout.



Signs of Burnout

- Anxiety or panic attacks
- A feeling of being constantly pressured, hassled, and hurried
- Irritability and moodiness
- Physical symptoms such as stomach problems, headaches, or even chest pain
- Allergic reactions, such as eczema or asthma
- Problems sleeping
- Drinking too much, smoking, overeating, or using drugs
- Sadness or depression

Pause



Step #1

Simplify your life

- **Your outer space.**

- Group like items
- Hold item to see if it gives the energy you want. I may need it.
- Let go. It served it's purpose, now send it away.
- Create system – place to study, work.
- Set boundaries –separate work place
- Make your place reflect energy you want.



Step #1

Simplify your life

- * **Your Inner Space.**

- Subtract serenity stealers.

- Get rid of everything neither you need nor want in your life.



Step #2

Stop Multitasking

Your brain and multitasking

- Your brain is made to focus one thing at a time.
- What happens when you multitask?
 - takes more time
 - lose efficiency
 - suffer brain damage



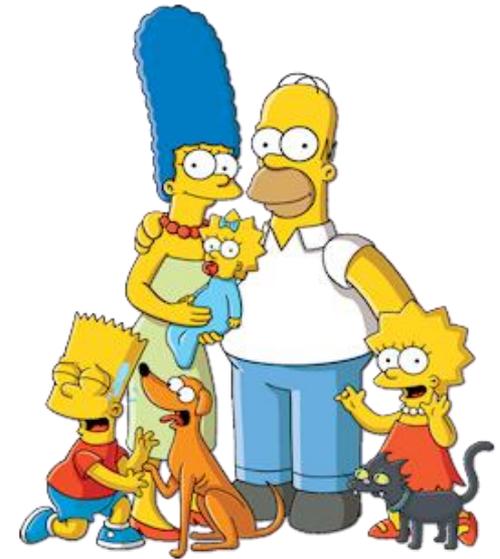
Step #2

Stop Multitasking

Be present.

- * When studying
- * When with family or friends
- * Renewed energy and appreciation.

STUDYING IN PROGRESS!



Step #3

Tell yourself “I am only human.”



Step #3

Tell yourself “I am only human.”

- * Give yourself the permission to be ok with your limitations.
- * It's ok to lower your standard.
- * Reduce expectations, throw out perfectionism



Affirmation talk

- * I accept myself just as I am.
- * I accept others just as they are.
- * There's more than one "right" way to do something.
- * It's okay to say no and set boundaries
- * Good enough really is good enough.
- * Asking for help is a good thing
- * I don't have to do things perfectly
- * Excellence is not the same as perfection.



Step #4

Keep a set of routine



- * Go to bed and wake up same time everyday.
- * Eat at same time everyday.
- * Set and keep regular office hours/take regular breaks
- * Have a Sleep Hygiene/routine

Step #4

Keep a set of routine

Plan for today:
Get out of the house
and exercise!



Reality:
Put on exercise clothes.
Eat two cupcakes.



Make a daily and/ weekly schedule.

Step #4

Keep a set of routine

- * So the best way to establish routine by making schedule.
 - * First know all your school schedule.
 - * Write down important times of online lecture, assignment due dates and test dates.
 - * **MUST** plan ahead especially if you have family or work, and need to work around their schedule.
 - * Make family schedule.
 - * Your family has weekly activities you need to work around, make sure to put your school schedule with your family's so everyone is on the same page.

Sample schedule

7 am	WAKE UP TIME	Wake Up, Get Dressed, Make Bed, Brush teeth, Drink Water, Stretch , BREAKFAST
9 am	MORNING WALK	walk the dog, deep breathing, CHECK IN (goals, plans)
10 am	ACADEMIC TIME	
12 pm	LUNCH TIME	
1 pm	CHORE TIME	Clean up kitchen, Put away things
1:30 pm	QUIET TIME	Reading, puzzles, nap, CHECK IN
2:30 pm	ACADEMIC TIME	
4 pm	AFTERNOON FRESH AIR	Bikes, walk, play outside, gardening
5 pm	WASH TIME/ DINNER PREP	
6 pm	DINNER TIME / clean up	
7 pm	FREE TIME	catch up on hobbies, family game, chores, exercise)
8 pm -10 pm	SELF CARE TIME	Read, talk, self-care, CHECK IN

Tips for parents

- * Come up with family schedule together and communicate Expectations
- * Evaluate childcare resources (including virtual visits with family).
- * Schedule activities that don't require close supervision during your meetings or busy times.
- * Use signs or visual cues for those times you cannot be interrupted. (ex. stop signs to place on our door)
- * Use rewards at the end of the week such as going to the beach.
- * Make activity box for teens or children to use when bored
- * Loosen screen time limits. It's more important to balance this with non-digital entertainment and family time.

Step #5

Take some time for yourself

Do a daily check in before you start your busy day.



Step #5

Take some time for yourself

- * Get or give yourself a massage.



Step #5

Take some time for yourself

- * Get support from spouse, family, friend.



Step #5

Take some time for yourself

* Take a break



It's Time For A Break

Conclusion

- * If you got a B minus at the end of the day, with a few meltdowns from your kids but everyone's fed and getting some sleep, you turned in your school work, you're doing pretty well.
- * Right now, having compassion for yourself and your family is much more important than getting the rules just right.
- * Focus on your priority and you may even accomplish something great during this time.

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- * We close every meeting by committing to a “One Action”—one concrete thing you’re going to do to step outside your comfort zone, practice a new skill, or try something new, based on what you’ve learn today.

Resources

- National Domestic Violence Hotline: 1-800-799-7233

- Text: LOVEIS <https://www.thehotline.org/>

- Student loan forbearance or deferment due to COVID 19.

[https://studentaid.gov/announcements-](https://studentaid.gov/announcements-events/coronavirus#:~:text=To%20provide%20relief%20to%20student,making%20your%20monthly%20loan%20payment.)

[events/coronavirus#:~:text=To%20provide%20relief%20to%20student,making%20your%20monthly%20loan%20payment.](https://studentaid.gov/announcements-events/coronavirus#:~:text=To%20provide%20relief%20to%20student,making%20your%20monthly%20loan%20payment.)

- Financial help for businesses: <https://covid19relief.sba.gov/#/>

Covid19 Information Updates: <https://covid19.ca.gov/>

Resources

Text/ chat support

- * All Crisis text CONNECT to 74174 (US/ Canada)
- * Lifeline Crisis (online chat) <http://www.crisischat.org/>
- * Veterans Crisis text 838255 (also call or online chat)
<https://www.veteranscrisisline.net/>
- *
- * Child in Crisis text 1800-422-4453 (also call and online)
<https://www.childhelp.org/childhelp-hotline/>
- * Trevor Text text SUPPORT to 678678 (also call and online)
<https://www.thetrevorproject.org/get-help-now/>
- *
- * Hopeline call or text: 919-231-4525

- * **The OC WarmLine servicing Orange County, CA resident only.**
- * Call or text: [\(714\) 991-6412](tel:7149916412) Toll Free [877-910-9276](tel:8779109276) | Times: 9 a.m. - 3 a.m. (Mon. - Fri.) & 10 a.m. - 3 a.m. (Sat. - Sun.)
- *

Resources

- * <https://www.mentalhealthfirstaid.org/2020/05/talking-to-your-kids-about-covid-19/>
- * <https://www.mentalhealthfirstaid.org/2020/05/tips-to-help-children-and-youth-take-care-of-their-mental-health-during-covid-19/>
- * <https://facebook.us18.list-manage.com/subscribe?u=92b96501d7fe25f8614b9a860&id=d9d7223c8f>
- * Care.com care options for pet, elder, childcare. Have workshops for couples work at home for survivor guide.
- *
Free Download of book on Covid 19 for kids: <https://stayhome.candlewick.com/>
- * **Free Downloadable Journal/Time Capsule for kids to process their feelings (in multiple languages and adult versions too):**
<https://letsembark.ca/time-capsule>
- * <https://letsembark.ca/time-capsule>

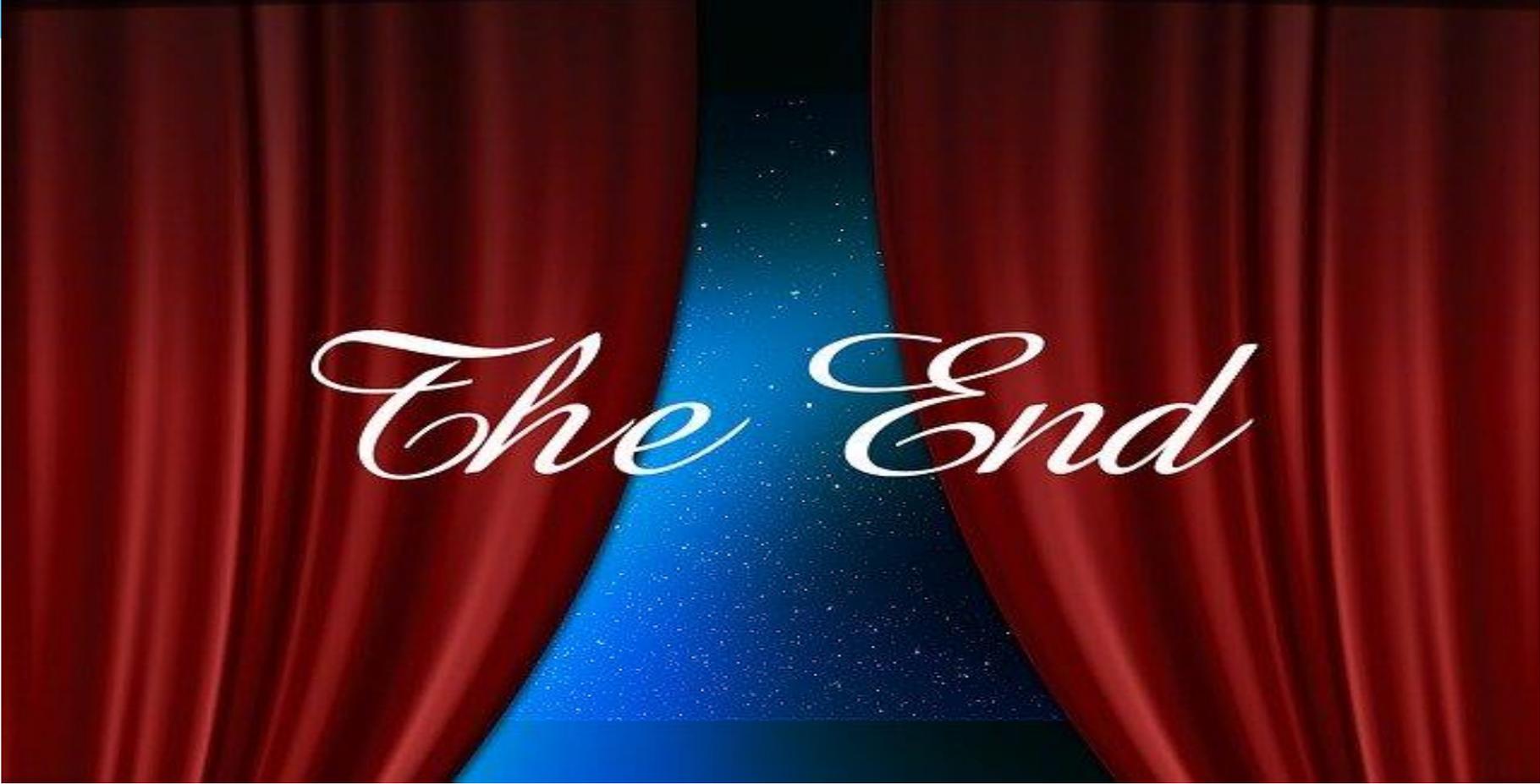
Questions?



Extra

- * Organizing Tips:
- * 1. Designate a cleaning day for the whole family
- * 2. Give each person one large plastic bag and have them place any items no longer in use.
- * 3. If you have any pretty dishes you are saving for, use it. Get rid of plastic containers which takes up spaces.
- * 4. Say good bye to clothing with memories but will never wear again.
- * 5. After the purge, you will feel more comfort in your space, not emptiness—this is the secret.

Thank you



The End