

Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:
Staying Sane During COVID



Speaker:
Stacey Henson, LCSW, ACSW

About the Speaker:

Stacey Henson,
LCSW, ACSW



- As a member of the Community Outreach team at Orlando Recovery Center, Stacey Henson is dedicated to helping clients, families, and organizations find quality treatment options. Before joining Advanced Recovery Systems in 2019, Stacey has spent over 20 years working in behavioral health, specializing in eating disorders and PTSD. She has her Master of Social Work from Washburn University in Topeka, KS and is a Licensed Clinical Social Worker. She has worked in many capacities and settings throughout her career to include managing and direct patient care within both inpatient and outpatient settings. She is excited for the opportunity to share her knowledge and passion for behavioral health with Orlando Recovery Center and the surrounding area.

Objectives:

- Gain insights into how you might best manage during this stressful time.
- Areas to focus on when looking at stress management
- Complete a relaxation exercise to help each participant decrease their current level of stress.
- Resources

How We React to Stress is As Individual As We Are.

- Some people over-function, busy themselves and complete tasks
- Some people under-function, slow down, internalize and need rest
- BOTH are valid and respectable ways to cope – neither is right or wrong!

How Do We Define Stress:

- **What words come to mind?**
- Tension, hassle, worry, strain, nervousness, ANXIETY
- Anxiety affects 3 areas:
 - Physiological
 - Psychological
 - Behavioral



How to Stay Sane...

- Do you know what has changed?
- Do you know what you need?
- Do you know what's missing?

What's Changed Since COVID?

- ALMOST EVERYTHING
- Working from home
- Home schooling/childcare
- Lost jobs/finances
- Kids from college
- Feels smaller
- Conflict – trouble adjusting, too much time together, trouble sharing space
- Loss/fear – isolation, illness, unhealthy coping (eating/substances/screens)



Do You Know What You Need?

- What's missing and how can you get it?
- Connection – video/calls/letters
- Structure – make your own
- Positive interactions – schedule them – movie nights, family walks, game night
- Disconnect – meditation, reading, exercise, coloring

What's Missing?

What worked before COVID can still work now

- Relationships– family, friendships
- Mental– therapy, supports, groups
- Physical– exercise, healthy eating, hobbies
- Spiritual- self fulfillment, religious gatherings
- Finances– budgeting, saving, investment
- Structure– work, school, childcare

Basic Survival Tools

- Structure – maintain household routine, similar to before
- Healthy coping - back to the basics
- Spirituality – meditation, zoom/online meetings
- Friendships – zoom, facetime/phone calls
- Family – private time; family time; work time

4 Types of Relaxation

- We can improve our relaxation response by regular practice.
 - Deep Muscle Relaxation
 - Visualization
 - Meditation/Guided Imagery
 - Grounding

Deep Muscle Relaxation

- Rate yourself, 0-10, with 10 being “extremely stressed” – write down your score.
- Experiential exercise
- Rate yourself again, 0-10, did your score go down?
 - If so, how much.
 - If not, were there any hurdles that you encountered during the exercise?

Resources:

- Psychology Today
- The Recovery Village
- SAMSHA
- Me! Please reach out with any questions or need for additional resources.



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Community Outreach Coordinator, Orlando Recovery Center

Email: shenson@advancedrecovery.com

Cell: 407-821-2008

THANK YOU

