



Coping, Positive Growth & Success Amidst COVID-19

MSOT Monday Meet-up

Monday, April 27, 2020

Introductions

"A balance of engagement in occupation that leads to well-being.

For example, the balance may be among **physical**, **mental** and **social** occupations;

between **chosen** and **obligatory** occupations;

between **strenuous** and **restful** occupations, or between **doing** and **being**."

Wilcock (2006)

An Occupational Perspective of Health, 2nd ed. Thorofare, NJ: Slack

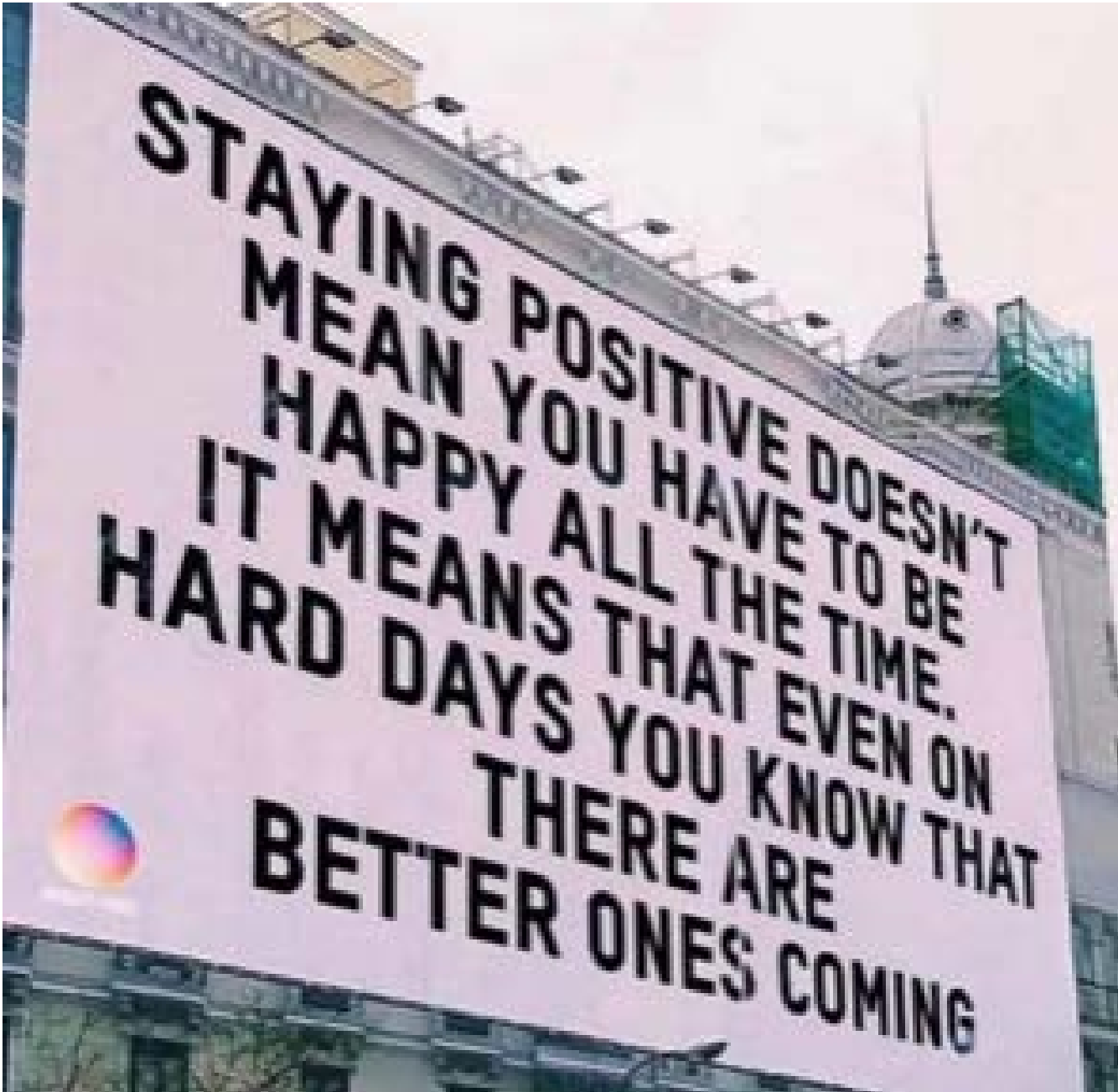
Occupational Balance



Managing Occupational Disruption

- Plan
- Pace
- Pause
- Priorities / Parameters

Coping



The Lists...Strategies to Maintain Your Mental Wellness during COVID-19 (CAMH)

- <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Accept that some anxiety & fear is normal
- Seek credible information
- Assess your personal risk
- Find a balance: stay tuned in, but know when to take a breather
- Bring an intentional mindset to unplugging
- Deal with problems in a structured way
- Remember that you are resilient, be careful of “what ifs”
- Challenge worries & anxious thoughts
- Decrease other stress
- Practice relaxation & meditation

Strategies to Maintain Your Mental Wellness during COVID-19 (CAMH)-2

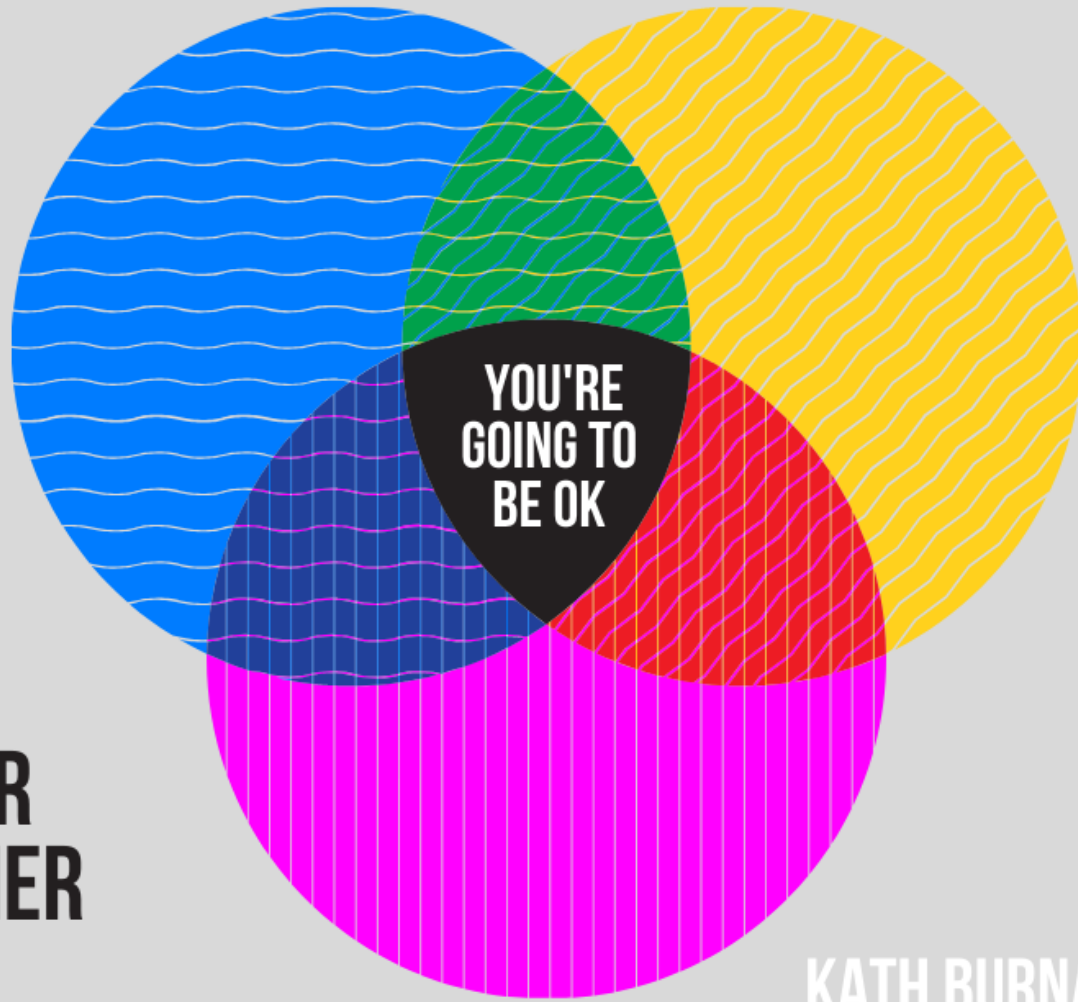
- Seek support
- Be kind to yourself
- Eat healthily
- Avoid substance use
- Moderate caffeine intake
- Get proper rest & sleep
- Stay active
- NOTE: There is a link to additional resources for health professionals

If you still feel significant distress around COVID-19 and feel you are not coping well, you may need extra support from someone like your family doctor or a psychologist, psychotherapist, social worker or other health professional.

? Area of advocacy to add occupational therapy to this list?

From Coping to Thriving

- Wellness Plan
 - Fillable plan to co-create



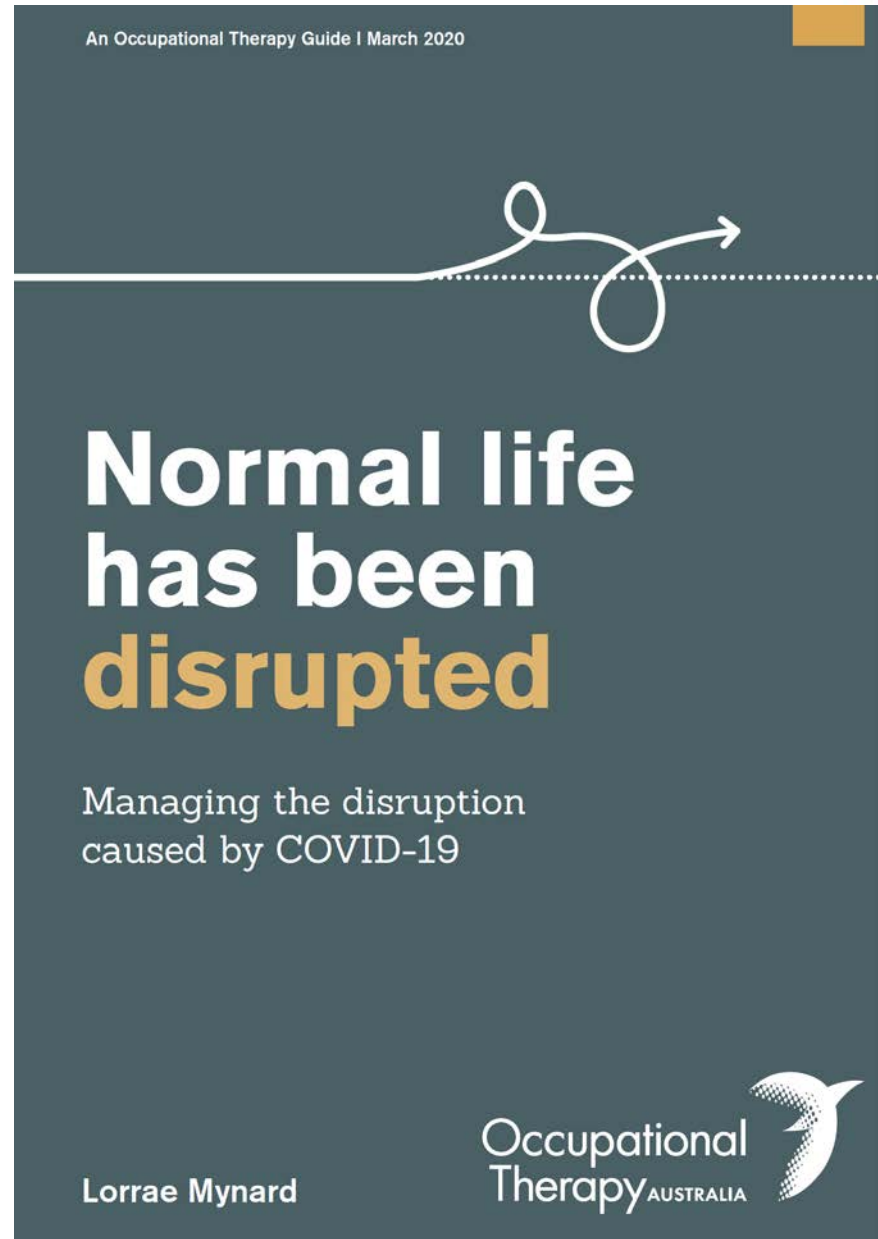
A GUIDE TO KEEPING YOUR SH*T TOGETHER DURING COVID-19

KATH BURNARD

SQUARE CIRCLE FOUNDER/ OCCUPATIONAL
THERAPIST/ PROFESSIONAL HAND
WASHER/OCCASIONAL PANIC BUYER

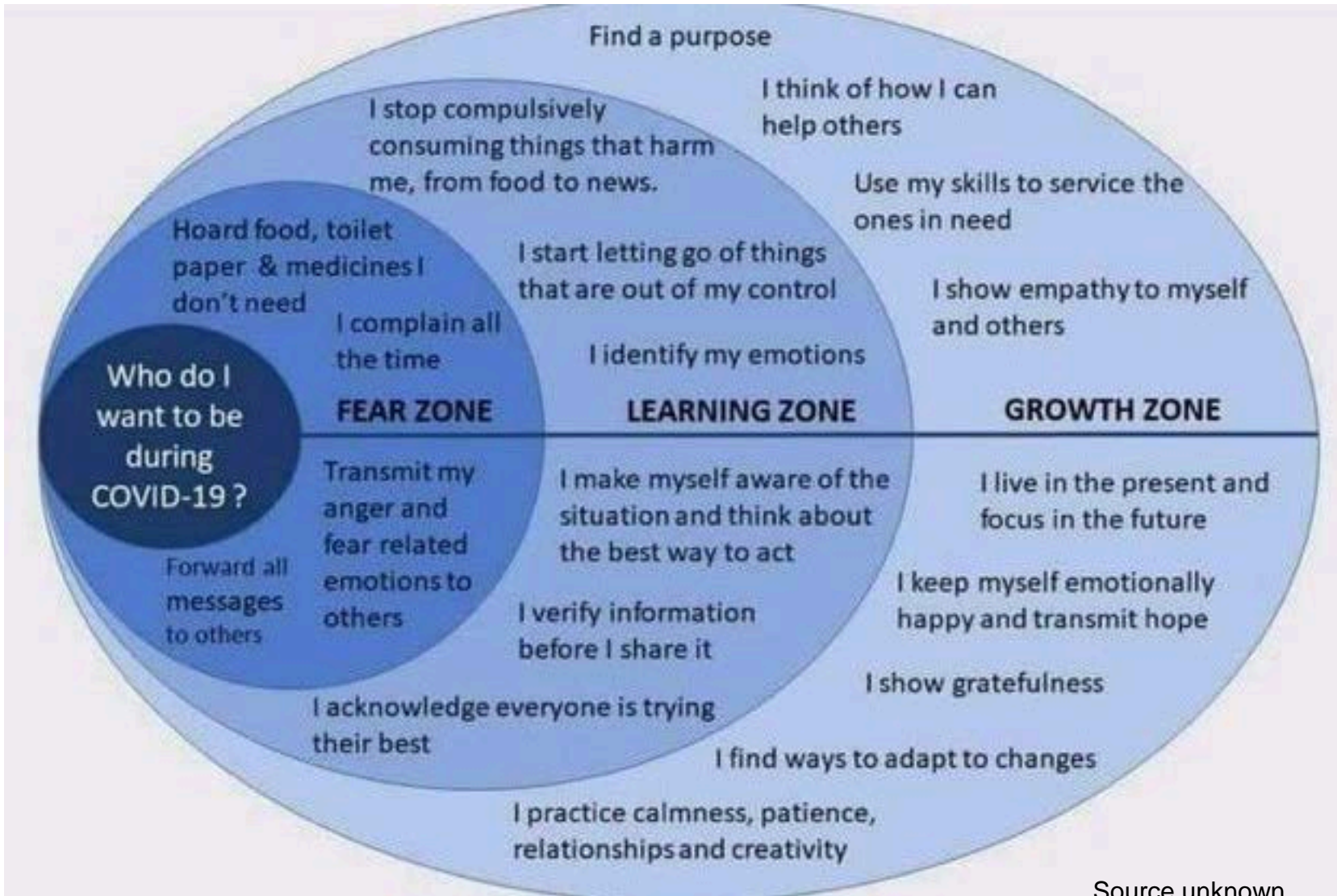
Managing the Disruption

- Normal Life Has Been Disrupted: Managing the disruption of COVID-19
(source: Occupational Therapy Australia)



To Acceptance, Growth & Finding Meaning

Where are you today?



Source unknown

A few additional resources

- Mental Health Commission of Canada – COVID-19 Resources
 - <https://www.mentalhealthcommission.ca/English/mhcc-covid-19-resources>
- Morneau Shepell – Coping Tips
 - <https://www.morneaushepell.com/permafiles/92174/covid-19-tips-coping-can.pdf>
- CDC – Stress & Coping
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Strategies for Maintaining Wellness
 - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- FREE On-demand webinar: Mental Health & Resilience During COVID-19 - <https://ca.ctrinstitute.com/free-webinar/>

Success Stories & Advocating for OCCUPATION!

- We need to focus on Occupation
- Be prepared to adapt
- Support others and ourselves with the transitions that are coming
- Shift from personal wellness to advocacy – be leaders and advocates for occupation!



*We will not go back to normal.
Normal never was. Our pre-corona
existence was not normal other
than we normalized greed
inequity, exhaustion, depletion
extraction
disconnection
confusion
rage, hoarding
hate and lack.
We should
not long to return,
my friends.
We are being given
the opportunity
to stitch a new garment.
One that fits
all of humanity
and nature.*

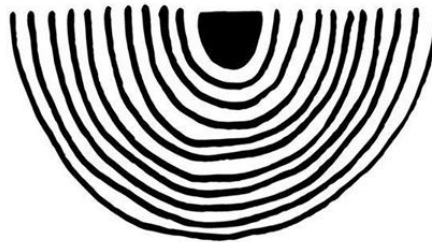
Erene Brown

After this..

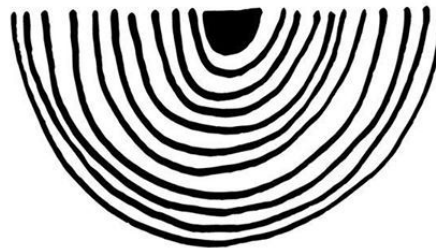
- Goals / Hopes



And the people stayed **H O M E**.
And read books, and listened, and rested,
and exercised, and made art, and played games,
and learned new ways of being, and were still.
And listened more deeply.
Some meditated, some prayed, some
danced, some met their shadows.



And the people began to think differently.
And the people healed. And, in the absence of
people living in ignorant, dangerous, mindless
and heartless ways, the earth began to heal.



And when the danger passed, and the people
joined together again, they grieved their losses,
and made new choices, and dreamed new
images, and created new ways to live and heal
the earth fully, as they had been **HEALED**.

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Questions?



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Thank You!

Upcoming Events:

Next Monday Meet-up

Monday, May 11 8-9pm