

# How to Build Resilience and Adaptive Skills During the Pandemic



- This webinar is for educational purposes only and not a substitute for speaking with your doctor.
- Find Magellan contact information here: [Click here for Magellan Healthcare contact information website](#)
- If you are in an emergency situation, you should do one of the following:
  - Call 911
  - Go directly to an emergency room
  - Call your doctor or therapist for help.

# Today's presenter



## **Dr. Caroline Carney**

Chief Medical Officer

Magellan Rx Management

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# Objectives

Discuss reasons we feel stress and panic during the pandemic

Review tips for managing emotions and building resilience

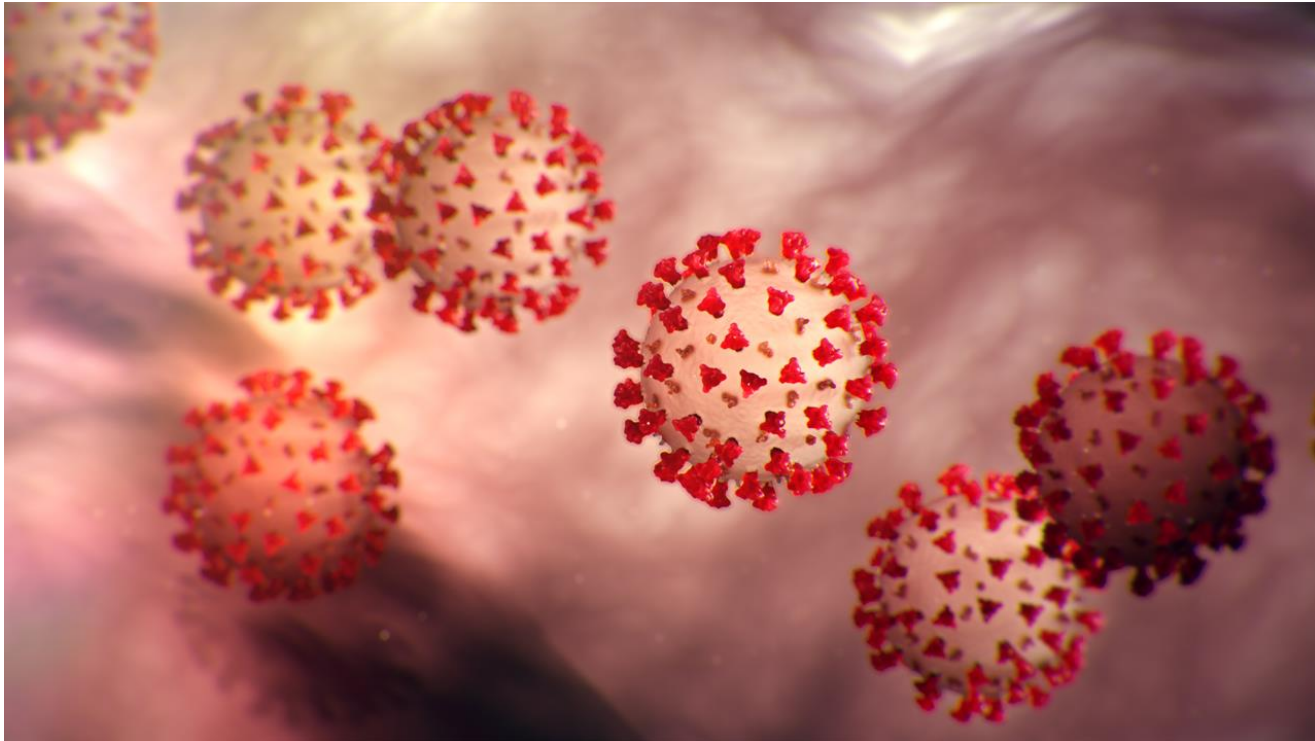
Describe ways to help children cope and thrive

Identify when its time to seek help for mental health concerns

Fine tune adaptive skills

Review helpful resources

# About Coronavirus



# Why people feel stress and panic

The world has never experienced a pandemic of this type

Information regarding the pandemic is continually unfolding

People are concerned about their health

Everyone is adjusting to mandatory quarantines

For many, people's livelihood is at stake

Social media can heighten feelings of anxiety



# Managing emotions

Identify and validate what you're feeling

Be curious and compassionate

Minimize judgement

Express and contain: exercise, practice relaxation, be creative

Communicate with a trusted person

Get adequate sleep and nutrition

# Building resiliency

Limit constant exposure to news media

Focus on the present

Engage in self-care and nourishing activities

Help others

Practice gratitude

See possibilities despite limitations



# Helping children during this time

Maintain a consistent routine

Provide information in age appropriate ways

Be reassuring

Allow them to express themselves

Involve kids in projects around the house

Take care of yourself so you can take care of them

# When it may be time to seek help

Not sleeping well or sleeping too much

Conflict in primary relationships

Trouble focusing

Using substances to cope

Feeling increasing despair and/or anxiety

Isolating (vs. social distancing)

Appetite changes



# Acceptance

## **Learning what we can control**

- Our attitude
- How we treat others
- Taking precautionary health measures

## **Letting go of what we fully can't control**

- Who contracts the virus
- The economy
- How long restrictions will last

# Reassessing our priorities

Individual

Relationships

Community

Nation

The world

# Fine tuning our adaptive skills

Home

Work

Day-to-Day



# Resources

## Magellan Healthcare COVID-19 Response

- Web page: [Click here for Magellan Healthcare COVID019 Response website](#)
- Continuously updated resources for our communities, clients, members and providers
  - Trusted sources for COVID-19 information
  - Videos, webinars and articles on coping with change, emotions, uncertainty stress, etc.
  - Magellan Mind Your Mental Health resources for mental health awareness and education
  - Virtual recovery meetings
  - Magellan Crisis Resources
  - Information on Magellan product and service solutions
  - Magellan client and provider updates

## Contact your provider for support

### Employee Assistance Program (EAP)

Member website with articles, videos and webinars on a variety of emotional and physical health and wellness topics.

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