Seeking Balance and Wellbeing in Times of Crisis

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CRISIS?
What Crisis?

Crises?
Pandemic related stressors
Absent childcare and school
[Extended] Family needs
Increased work expectations
Zoom fatigue
Economical crisis/unemployment/fear about job security

crisis (noun)
- an unstable or crucial state or state of affairs in which a decisive change is impending, especially one with the distinct possibility of a highly undesirable outcome
- a situation that has reached a critical phase
- an emotionally significant event or radical change of status in a person’s life

Merriam-Webster, 2020
In addition to...

- Long-standing racism, racial injustice and police brutality
- Election cycle

APA, Stress in America, October, 2020

- More than three-quarters of Americans (77%) say the future of our nation is a significant source of stress.
- The current political climate is reported as a significant source of stress by more than two-thirds of Americans (68%).

Purdue University Faculty Survey – August 2020

- Only 44% of faculty agreed with the following statement, “I feel equipped to manage both personal and work life demands right now.”

Crises impact all... same...?

The impact is not same for all...

- It is worse for...
  - Women
  - Minoritized individuals
  - Those with health conditions – chronic physical and mental health
  - Front-line health care workers
What happens when we are in crisis?

Lack of energy
Exhaustion
Change of eating and drinking habits
Lack of sleep
Reduced productivity
Feelings of fear, anxiety

Perhaps, you may be experiencing...
1. I’ve lost someone, and I don’t know how to grieve right now.
2. I’m worried about a loved one who’s ill.
3. I’m worried I’ll get sick.
4. No one cares about me – shouldn’t more people be reaching out to see how I’m doing?
5. I should be reaching out to the people I care about – but I just don’t have the energy, and I feel guilty.
6. My coping strategies are different than someone I live with, and we are getting on each other’s nerves.
7. I’ve lost my job, or I’m worried about money.
Perhaps, you may be experiencing…

8. I'm scared I won't be able to make it through this.
9. I feel trapped - there's so much I want to do, but I can't go out to do it!
10. I have all this time to be productive, but I can't motivate myself to do anything!
11. I've been binge-watching TV, and I'm worried I'll never feel motivated to do anything again!
12. I'm running out of things to do, and I'm worried about having to contend with my own thoughts.
13. I'm worried what things will be like when this is all over - will life ever go back to normal?
14. What if I don't want things to completely go back to the way they were?


Seeking Balance and Wellbeing

- Acknowledge that things are NOT normal
- Re-evaluate individual needs
- Learn and practice to say "no"
- Be flexible with deadlines
- Learn not to be available all the time
- Make appointments with yourself
- PRIORITIZE - "urgent and important"

How to prioritize?

<table>
<thead>
<tr>
<th>URGENT</th>
<th>NOT URGENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>IMPORTANT</td>
<td>Quadrant I: Urgent &amp; Important</td>
</tr>
<tr>
<td>NOT IMPORTANT</td>
<td>Quadrant III: Urgent &amp; Not Important</td>
</tr>
</tbody>
</table>

Stephen Covey, 7 Habits of Highly Effective People
Seeking Balance and Wellbeing

- Focus on what you can control
- Engage in meaningful and restorative activities
- Stay active
- Stay socially connected
- Stop the habit of ruminating on bad outcomes during uncertainty

Taking Care of your Mental Health

- Separate what is in your control from what is not.
- Do what helps you feel a sense of safety.
- Get outside in nature—even if you are avoiding crowds.
- Challenge yourself to stay in the present.
- Stay connected and reach out if you need more support.

Doreen Marshall, Ph.D., 2020

Break-out groups

- Please share with your group one strategy you have intentionally practiced to maintain your well-being.

Reflections and Questions

- Please share with your group one strategy you plan to practice to maintain your well-being.
Resources

- National Suicide Prevention Lifeline: 1-800-273-8255
- Indiana Psychological Association: https://www.indianapsychology.org/
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-4357
- National Alliance on Mental Illness (NAMI): 1-800-950-6264
- Mental Health Screening Tools: https://www.mhanational.org/self-help