Resiliency and Wellness: A Silver Lining

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The Center for Alcohol and Drug Resources
a program of Children’s Aid and Family Services
Resilience is not all or nothing. It comes in amounts. You can be a little resilient, a lot resilient; resilient in some situations but not others. And, no matter how resilient you are today, you can become more resilient tomorrow.

KAREN REIVICH
Why does COVID-19 affect mental health?

- Increased Stress
- Social Isolation
- Barriers to Service
- COVID Burnout
Pandemics can be stressful!

- Fear and worry
- Difficulty sleeping or concentrating
- Changes in sleep or eating patterns
- Worsening of mental health conditions
- Worsening of chronic health problems
- Increased use of substances
During late June, 40% of U.S. adults reported struggling with mental health or substance use.

- Anxiety/Depression Symptoms: 31%
- Trauma/Stressor-Related Disorder Symptoms: 26%
- Started or Increased Substance Use: 13%
- Seriously Considered Suicide: 11%

*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020
†In the 30 days prior to survey

Figure 7

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, by Health Status

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Major Negative Impact</th>
<th>Minor Negative Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent, very good, or good</td>
<td>23%</td>
<td>28%</td>
</tr>
<tr>
<td>health</td>
<td></td>
<td>51%</td>
</tr>
<tr>
<td>Only fair or poor health</td>
<td>38%*</td>
<td>24%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>62%*</td>
</tr>
</tbody>
</table>

NOTES: *Indicates a statistically significant difference between those with excellent/very good/good health at the p<0.05 level. Distribution may not sum to total due to rounding.

SOURCE: KFF Health Tracking Poll (conducted July 14-19, 2020).
Figure 4
Percent of Older Adults (Ages 65 and Up) Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health

<table>
<thead>
<tr>
<th>Poll</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>KFF Tracking Poll March 11-15</td>
<td>27%</td>
</tr>
<tr>
<td>KFF Tracking Poll March 25-30</td>
<td>31%</td>
</tr>
<tr>
<td>KFF Tracking Poll May 13-18</td>
<td>31%</td>
</tr>
<tr>
<td>KFF Tracking Poll July 14-19</td>
<td>47%</td>
</tr>
</tbody>
</table>

Substance use during the Pandemic

- Illicit substance use
- Alcohol purchase and consumption
- Overdose rates
- Youth use of alcohol and marijuana
- Wait to receive services
- Closure of treatment centers
- Decrease in youth vaping
Physical

**Activity**
- Move for a little bit at a time
- Go outside
- Yoga
- 10 minute exercise mini sessions
- Active families

**Nutrition**
- Mindful eating
- Food distribution
- Drink water
- Try a new meal
- Cook as a family

**Sleep**
- Go to bed and wake up at the same time
- Get 7-9 hours of sleep
Resources

Yoga with Adrienne (YouTube)

Stand up Time (App Store)

Sleep Score (App Store)

Tasty.com  https://tasty.co/article/melissaharrison/cooking-with-kids

Senior Exercises Online  https://www.seniorexercisesonline.com/

Let’s Move - Active Families  https://letsmove.obamawhitehouse.archives.gov/active-families

Celebrating Seniors Programs: Exercise, Mindful Bodies, and more  https://www.tcadr.org/virtual/celebratingseniors/events.html
Emotional

- Practice gratitude
- Keep moving
- Stay connected
- Show compassion
- Avoid excessive media coverage
- Take a mini break for your mind, body, and soul
- Take breaks when you start to worry: funny movie, listen to music, play a game
- Deep breathing, guided meditation, yoga, aromatherapy, mindfulness
- Reach out for help
Resources

National Suicide Prevention Hotline (call/txt): 800-273-8255

211 New Jersey: 211


Council on Compulsive Gambling: 1-800-GAMBLER

Alternatives to Domestic Violence (Bergen County): 201-336-7575

Bergen County Psychiatric Emergency Screening Program: 201-262-HELP (4357)

Children’s Mobile Crisis/Performcare: 877-652-7624

Juvenile Family Crisis Intervention Unit: 201-336-6909

2nd Floor NJ Youth Helpline (call/txt): 1-888-222-2228.

Bergen Resourcenet: [https://www.bergenresourcenet.org/](https://www.bergenresourcenet.org/)

Bergen County Recovery Support Hotline (call/txt): 201-589-2976 [www.stoptheods.com](http://www.stoptheods.com)

Children’s Aid and Family Services Outpatient Counseling: 201-261-2800 [www.cafsnj.org](http://www.cafsnj.org)
Financial

Review your budget and make adjustments
If you can, start an emergency fund
Know your health benefits
Reach out for help
## Resources

### 211 New Jersey: 211

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone</th>
<th>Website</th>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bergen County Board of Social Services</td>
<td>(201) 368-4200</td>
<td><a href="http://www.bcbss.com/">http://www.bcbss.com/</a></td>
<td>- Food Stamps</td>
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<td></td>
<td></td>
<td></td>
<td>- Emergency housing assistance</td>
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<td></td>
<td></td>
<td></td>
<td>- NJ Family Care (Insurance)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- Temporary Assistance for Needy Families</td>
</tr>
<tr>
<td>Housing, Health, and Human Services Center (HABC)</td>
<td>(201) 336-6475</td>
<td><a href="http://habcnj.org/">http://habcnj.org/</a></td>
<td>- Housing placement and support</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Emergency shelter</td>
</tr>
<tr>
<td>Homeless Prevention Program</td>
<td>(201) 996-7377</td>
<td></td>
<td>- Back rent</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- Housing expenses</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Security deposits</td>
</tr>
<tr>
<td>Agency</td>
<td>Phone</td>
<td>Website</td>
<td>Programs</td>
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</table>
| Center for Food Action                | Number varies by location – visit website | [http://cfani.org/](http://cfani.org/) | • Food  
• Housing  
• Utility and heating assistance  
• Counseling and advocacy services |
| Greater Bergen Community Action       | (201) 968-0200             | [http://www.greaterbergen.org](http://www.greaterbergen.org) | • Head Start  
• ESL and GED programs  
• Weatherization assistance  
• Home energy assistance program  
• Other utility assistance |
| One stop Career Center - Workforce Investment Board | (201)329-9600          | [https://www.careeronestop.org](https://www.careeronestop.org) | • Job search assistance  
• Job placement  
• Displaced homemaker program  
• Veteran job seekers  
• Education classes |
Intellectual

Know where to find the facts about COVID-19: https://covid19.nj.gov/

Take free online classes, workshops, or virtual field trips

Read books you have always wanted to read or find new books

Listen to a podcast

Join a parenting or caregiver online group or class
Resources

River Edge Public Library [https://www.riveredgepubliclibrary.org/](https://www.riveredgepubliclibrary.org/)


EdX - Browse more than 2,500 free courses available with subjects ranging from computer science to arts and humanities to foreign languages. [https://www.edx.org/](https://www.edx.org/)

Google Arts and Culture - Many museums have partnered with Google to bring the Masters to your living room. [https://artsandculture.google.com/partner?hl=en](https://artsandculture.google.com/partner?hl=en)

Virtual Tours of Museums and Zoos - Many sites are offering free virtual tours of cultural institutions so you can travel without leaving the couch [https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/](https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/)

EPIC Parenting Program: [https://www.tcadr.org/help/individual-family/parent-family-programs.html](https://www.tcadr.org/help/individual-family/parent-family-programs.html)
Social

Call, text, video, write letters, etc. to stay in touch
Virtual game or movie night
Find ways to help others - big or small
Join a virtual organization
Be compassionate
Have a family game night
How to Become Tech Savvy in 10 Days: We are surrounded by an array of digital devices, whether its smartphones, social media, tablets, banking machines, or laptops. There’s no avoiding it, so we should learn how to use all these technological advances to make life easier. It’s easy to become tech savvy seniors when you begin to learn more about the technology around you. https://aginginplace.org/how-to-become-tech-savvy-for-seniors-in-10-days

Zoom Game Night: Whether you prefer trivia, Bingo, word games, or card games, there's a way to play online. https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/

Family Friday Activities: https://www.tcadr.org/virtual/familyfridays.html

Strengthening Families Program: https://www.tcadr.org/help/individual-family/parent-family-programs.html
Environmental

Set boundaries between your work life and your personal life

Consider starting an herb or vegetable garden

Take time to declutter, organize, or deep clean your home

Spend time in nature

Make a comfortable workspace

Add a nature background to a picture or listen to sounds of nature
Creating a work from home space:  

Free nature photos for backgrounds: https://unsplash.com/backgrounds/nature

Pandora Radio
Spiritual

- Connect to your spiritual community
- Connect with your natural surroundings
- Carve 5-10 minutes for mindfulness
- Give breaks for mind, body, and spirit.
- Focus on your purpose
- Look for a greater meaning in life
Resources

- HeadSpace (App Store/Amazon Firestick)
- OMM - One Moment Meditation (App store)
- Calm (App Store)
- Yoga with Adrienne (YouTube)
Occupational

- Take a physical break for a productivity boost
- Set boundaries between work and personal life
- Take online professional development classes
- Balance children at home and trying to work
- Update cover letter, resume, and LinkedIn
- Practice your public speaking and interview skills
Resources

Stand Up Timer (App store)

EdX - Browse free professional development courses.
https://www.edx.org/learn/professional-development

Tips for working at home with children
Contact Us

Call Us
201-740-7069
Recovery Support: 201-589-2976

Email Us
thecenter@cafsnj.org

Visit Us Online
www.tcadr.org
www.cafsnj.org
www.stoptheods.com

Location
22-08 Route 208 South
Fair Lawn, NJ 07410
References


References


