



# Stay Well:

**Hit the reset button on your pandemic emotions**

**STAY WELL**

[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

**PRESENTED BY**

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# Agenda

- I. Explore our feelings throughout the pandemic
- II. Learn reasons behind these emotions
- III. Learn ways to help reset your emotions and help others



## What is the Stay Well program?

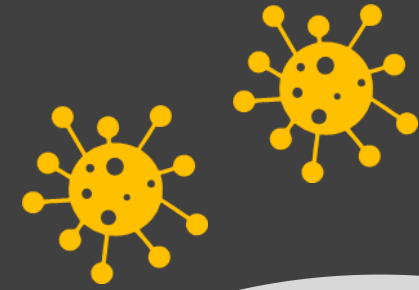
A behavioral health intervention program to help residents cope with emotional distress from the COVID-19 pandemic

### Two Main Components:

#### Counseling

Trained disaster counselors provide phone-based emotional support and referral information to people who call the state's COVID-19 Hotline.

Dial **1-888-535-6136** and press **"8"**  
Counseling available  
24/7/365.



#### Behavioral Health Outreach

Trained Outreach Specialists connect with members of vulnerable population groups

#### Vulnerable Populations

Seniors and Older Adults - First responders and frontline workers - Children and families - Homeless and housing insecure - K-12 Educators - Unemployed residents - Immigrants and ESL - People with Substance Use Disorder - People with Intellectual and Developmental Disabilities - People who have experienced ethnic and health disparities



PANDEMIC  
FATIGUE

MENTAL  
EXHAUSTION

NEED  
FOR  
CHANGE

UNCERTAINTY

# Pandemic Flux Syndrome

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- Extended Surge Capacity
- No Fresh Start
- Predicting Future Emotions
- Need for Control





# Extended Surge Capacity

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- Our bodies are only designed to have a surge capacity to get us through short term emergencies
- We have exhausted our ability to emotionally maintain and react.
- We have not had an opportunity to replenish our surge capacity

# No Fresh Start

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- A fresh start builds motivation
- Without a clear-cut end point to the pandemic, we may never get a true "fresh start" our minds so desperately need.







# Predicating Future Emotions

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- We are not able to effectively predict our emotions
- This can lead to increased stressors.

# Attempting to Take Back Control

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- The continuing pandemic can create the feeling of being out of control of our lives.
- We want to attempt to take back this feeling of lost control.
- We feel that to take back control we need to make drastic life changes.





# Burnout:

- Stress
- Lack of support
- Not able to do enough for people
- Exhaustion





# Compassion Fatigue

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stress resulting from helping  
someone who has  
experienced trauma

# Compassion Fatigue Signs and Symptoms

## Signs

- Sadness & grief
- Avoidance or dread of working with some people
- Reduced empathy
- Addiction
- Nightmares
- Changes in beliefs, expectations, assumptions

## Symptoms

- Headaches
- Digestive problems
- Muscle tension
- Fatigue
- Psychological distress
- Poor concentration, focus and judgement
- Relational disturbances





# What do we need to move forward?

- Safety
- Calming
- Goals

- Social connection
- Hope

# Ways to hit the reset button

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- Boundaries
- Focus on what you can control
- Breathing exercises
- Opposite action
- Taking care of your physical body
- Turn to people you trust
- Be in the moment





# Set Boundaries



- Boundaries are different for everyone, but are an important part of self-care

A woman with long blonde hair, wearing a teal long-sleeved shirt and headphones, is sitting on a bed. She is looking down at a laptop. A small brown and white dog is sitting on the bed next to her, looking towards the camera. The background is a plain wall. The text "Focus on what you CAN control" is overlaid on the right side of the image.

Focus on what you  
CAN control

# Breathing

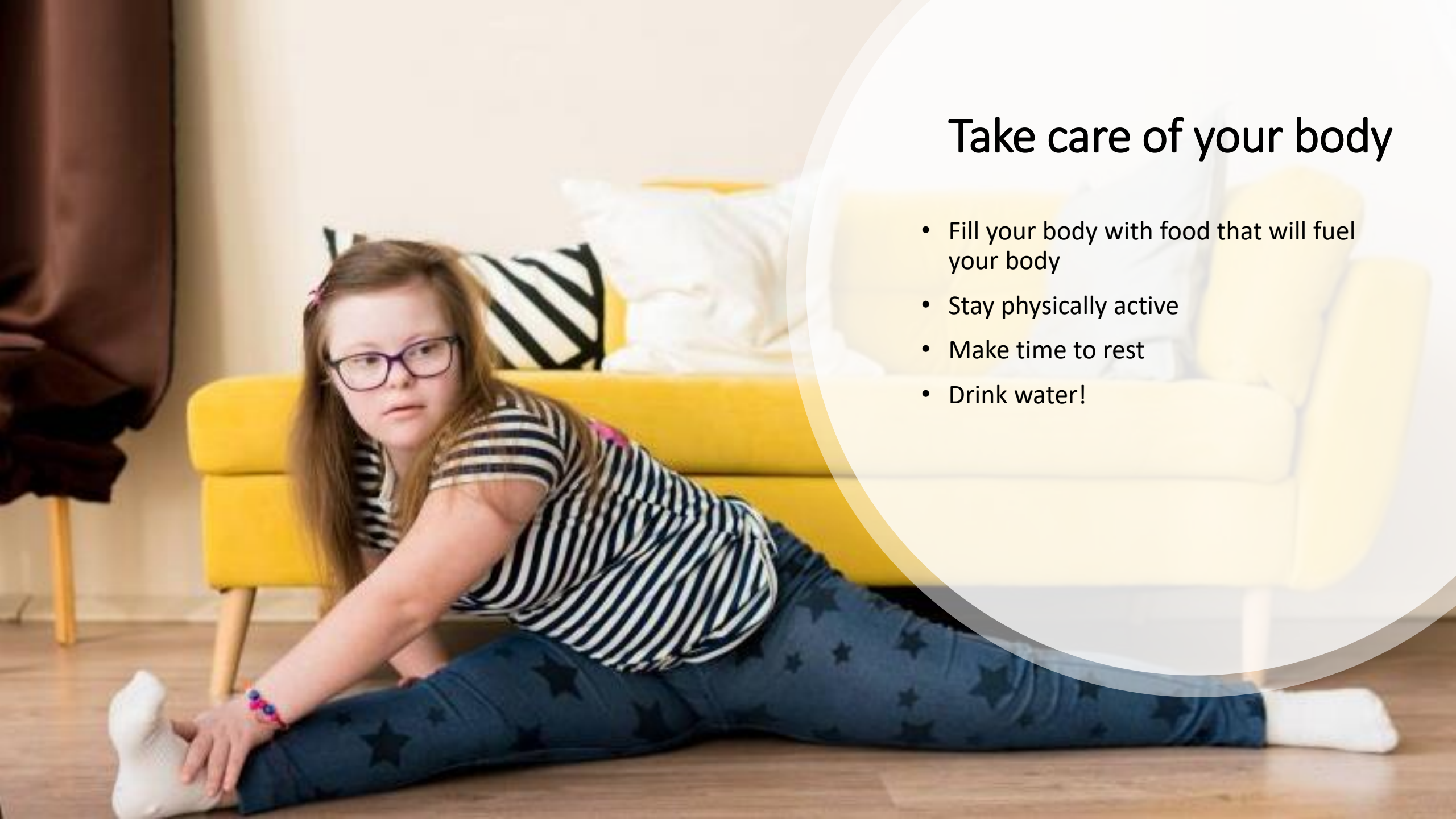
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- Did you know:
  - Shallow breaths, that stay in our upper chest is a normal response to stress
  - Belly breathing encourages our bodies to relax



The image is a composite of two photographs. The left side shows a modern bedroom with a bed, a laptop, and a window with a city view. The right side shows a person wearing glasses and a pink hoodie, sitting and looking at a smartphone. A large white diamond shape is overlaid in the center, containing the text "Opposite Action".

Opposite Action



## Take care of your body

- Fill your body with food that will fuel your body
- Stay physically active
- Make time to rest
- Drink water!

A person is relaxing in a white hammock, wearing white sneakers and dark socks. A small brown dog is sitting on the floor next to the hammock, looking towards the camera. The scene is set indoors, with a window and a brown leather chair visible in the background.

# Self-Care

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- Take time to relax
- Unplug from phones, computers, and TV
- Do things that bring you joy



Turn to people you trust

A scenic view of a beach and ocean framed by a white border. The text "Be in the moment" is overlaid in the center. The background shows a wooden railing in the foreground, a sandy beach, and the ocean with waves. The sky is a pale blue, and the trees in the foreground have green and yellow leaves.

Be in the moment

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BE **KIND** TO YOUR **MIND**

**STAY WELL**  
[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

1-888-535-6136 and press "8"





# Thank You!

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# Resources

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