## Research Recovery & Reski **Rosen College of Hospitality Management**

# Mental Health Strategies for Dealing with Isolation

OF CENTRAL FLORIDA

Recommended Citation for this Session: Beidel, D.C. (2020, October 1). Mental Health Strategies for Dealing with Isolation [Webinar]. University of Central Florida Rosen College of Hospitality Management.



## Targeted Research Training (TRT) Program

#### Housed in Department of Psychology at UCF



Cutting-edge research and interventions to improve workplace well-being and organizational effectiveness in hospitality



Interdisciplinary training for graduate students



Outreach and dissemination of research findings



## Sunshine Education & Research Center

### Funded by

The National Institute for Occupational Safety and Health (NIOSH)

#### Mission

The Sunshine Education and Research Center transforms workplace quality of life through transdisciplinary education, research and practice, and industry partnerships.





## **Targeted Research Training**

#### Faculty

- Dr. Mindy Shoss, I/O Psychology
- Dr. Cynthia Mejia, Rosen College
- Dr. Kristin Horan, I/O Psychology
- Dr. Steve Jex, I/O Psychology
- Dr. Deborah Breiter Terry, Rosen College

#### **Academic Partners**

- Multiple Universities
- Multiple Disciplines
- Faculty, Graduate and Undergraduate Students

#### **Advisory Partners**

- Central Florida Hotels
- Union
- Research & Public Policy







#### Deborah C. Beidel, Ph.D. ABPP Trustee Chair and Pegasus Professor Executive Director, UCF RESTORES

#### **UCF RESTORES**

**University of Central Florida** 

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## What is Trauma?

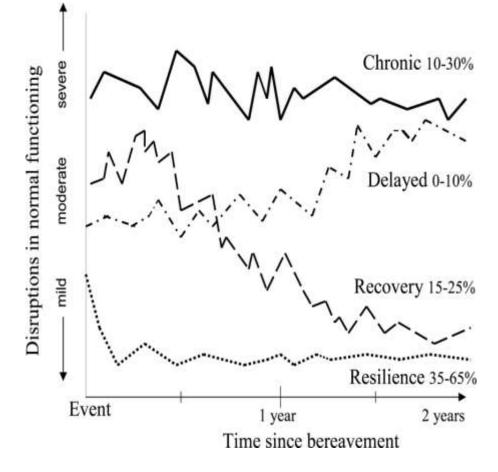
- An event that involves
  - Actual or threatened death
  - Serious injury or threat to physical integrity
- Types of events
  - Natural disasters
  - Terrorism
  - Physical or sexual assault
  - Motor vehicle accidents
  - Combat
- Up to 90% of Americans report exposure to a traumatic event during their lifetime





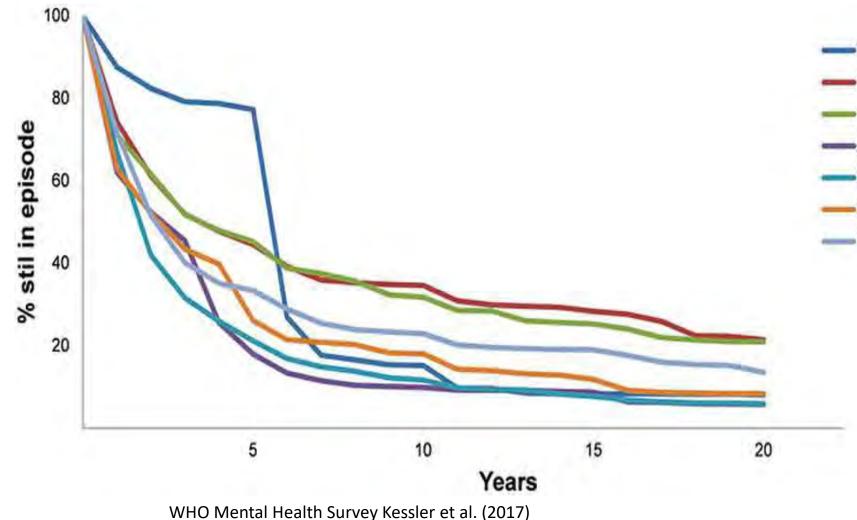
## **Typical Reaction to Trauma**

- There is no one typical reaction
  - Resilience
  - Recovery
  - Acute Stress Disorder
  - Post-Traumatic Stress Disorder





# Speed of Recovery by Trauma Category



War related trauma
Physical violence
Intimate partner or sexual violence
Accident
Unexpected death of a loved one
Other traumas of loved ones or witnessed
Other traumas

# So What About COVID-19?

- Different from traumatic events:
  - Uncertain prognosis
  - Severe shortages of resources (testing, PPE)
  - Imposition of public health measures
  - Economic losses
  - Conflicting messages from authorities

- Similar to other traumatic events:
  - Affects individuals
  - Affects communities
  - Produces a range of:
    - Emotional responses
    - Unhealthy behaviors
    - Noncompliance with public health directives
  - Some people are more vulnerable than others



# Groups at Particular Risk Because of COVID-19





## STRESS

Stress comes from how you interpret or think about what is happening to you.

It is not what is or has happened to you (the event) but the meaning your mind has assigned to it that makes you feel stressed.

Stress reactions are unique to the person experiencing them so what causes stress in you won't necessarily cause stress in your coworker.



## **ANATOMY OF STRESS**

BLOOD FLOWS TO MUSCLES AND MAKES THEM TENSE AND READY FOR ACTION

HEART BEATS FASTER INCREASING BLOOD PRESSURE PREPARING YOU FOR PEAK EXERTION

BREATHE MORE RAPIDLY OXYGENATING BLOOD FOR FIGHT OR FLIGHT

URINATE OR EMPTY BOWELS. THE BODY'S WAY OF MAKING SOMEONE LIGHTER SO AS TO RUN FASTER



SENSES AND PERCEPTION SHARPEN. TIME APPEARS TO SLOW DOWN

BODY SWEATS IN ORDER TO KEEP COOL DURING EXERTION AND MAKES YOU HARDER TO GRAB

HORMONES ARE RELEASED THAT MAKE BLOOD STICKIER SO YOU BLEED LESS

DIGESTION STOPS AND BLOOD IS DIVERTED FROM GUT TO ARMS AND LEGS



# **Managing Stress**

- Managing reactions to critical stress requires:
  - Recognition that one is experiencing stress
  - Practicing self-care



# **GENERAL SELF-CARE TECHNIQUES:**



Eat regularly



Spend recreational time with others



Exercise regularly



Build and maintain significant relationships



Engage in hobbies and recreational activities



Practice relaxation and stress management techniques



Find a common community



Contribute to causes or volunteer



Working from home and changes in schedule

Balancing personal and family issues while working

Social isolation and limited contact with others

Lack of access to tools and equipment needed to perform job

Inability to participate in certain recreational activities



POTENTIAL COVID STRESSORS

# Strategies to Deal with Social Isolation

- Keep contact with others
  - Text/Call/Zoom/Email/Facetime
- What makes you feel connected?
  - Connections to many people or just a few close friends?
- How to feel connected
  - Set up times
  - Can be limited
  - Choose people with whom you feel connection
  - Maybe some of the people with whom you have lost contact
  - Do what works for you!
- Feeling isolated leads to increased depression, anxiety, anger, sleep problems, and substance abuse.
- HOW DO WE DEAL WITH THOSE EMOTIONS?





## **Emotional Distress is Rising**

- Stress
- Depression
- Irritability
- Insomnia
- Fear
- Confusion
- Anger
- Frustration

During late June, 40% of U.S. adults reported struggling with mental health or substance use





# Strategies to Deal with Anger

- First take a break. Breathe deeply from your diaphragm.
  - Breathing from your chest won't relax you.
  - Place your hand on your stomach and take several deep breaths – feel your stomach move in and out.
- BRISC= Break, Re-evaluate, Identify, Solve, Communicate
- Utilize problem-solving skills
  - 1. Identify the problem
  - 2. Brainstorm as many solutions you can
  - 3. Evaluate positive and negatives of each solution
  - 4. Choose the best response to implement.





## A FEW WORDS ABOUT SLEEP

- Types of Sleep Problems
  - Difficulty Falling Asleep
  - Difficulty Staying Asleep
  - Nightmares
  - Panic Attacks in Sleep
  - Feeling Exhausted Even After Sleeping



## Sleep Hygiene

MAINTAIN A REGULAR SLEEP SCHEDULE.

TRY TO AVOID NAPS IF POSSIBLE.

DON'T STAY IN BED AWAKE FOR MORE THAN 15 MINUTES.

DON'T WATCH TV OR READ IN BED.

NO CAFFEINATED DRINKS WITHIN THREE HOURS OF BEDTIME.

EXERCISE REGULARLY BUT DO IT AT LEAST THREE HOURS BEFORE BEDTIME.

HAVE A QUIET, COMFORTABLE BEDROOM.





## SLEEP AND ALCOHOL

- Alcohol is not a sleep aid
  - Too much alcohol will cause you to pass out that is not sleeping.
- Alcohol interrupts your circadian rhythm
  - You may "fall asleep" quickly but you will find yourself waking up in the middle of the night. You will not be rested.
- Alcohol blocks REM sleep
  - REM sleep (dreaming) is the most restorative type of sleep. With less REM sleep from alcohol, you will wake up groggy.
- Alcohol means more trips to the bathroom
  - Alcohol is a diuretic meaning you will need to empty your bladder more often, interrupting your sleep.



## A FEW WORDS ABOUT ALCOHOL ABUSE

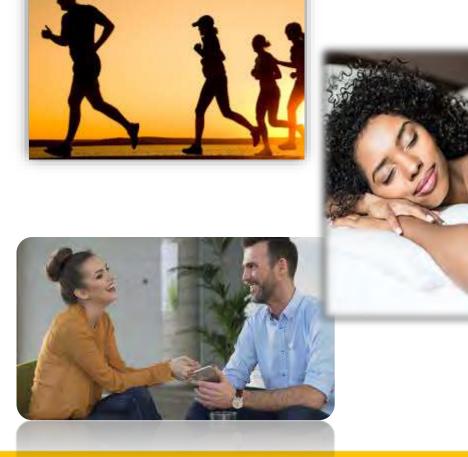
- How do you know when your drinking is a problem?
  - Drinking to improve a bad mood
  - Making bad choices when drinking
  - Drinking enough to cause problems
  - Showing up late or missing work
  - Social events center around drinking





# **DEALING WITH ALCOHOL ABUSE**

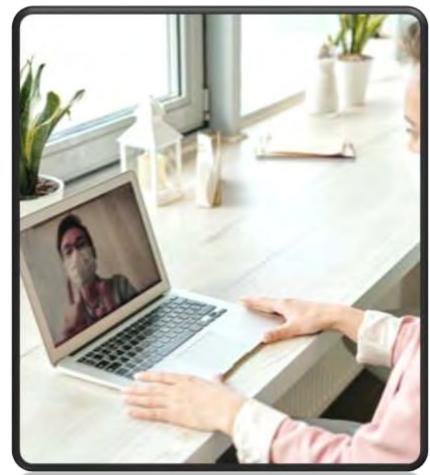
- Minimize or totally avoid social situations that expose you to unhealthy substances
- Identify and minimize stress triggers
- Develop an exercise regimen
- Practice sleep hygiene to sleep better
- Confide in a friend who will be supportive





### Dealing with the Emotional Distress Isolation from COVID-19

- Some people will recover without treatment
  - Calm app is highly recommended
- Single-session consultations for medical personnel, first responders, teachers
- Grief groups for individuals dealing with loss of family members from COVID-19
- Telehealth for individuals who are experiencing moderate to severe symptoms and who require more traditional therapies







# Question & & Answer





# For More Information

**Dr. Beidel & UCF Restores** 

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hospitality.ucf.edu/researchrecovery-and-reskill











# Upcoming Webinars

Service with a Mask: Managing Emotions & Stress During COVID-19 Dr. Alicia Grandey, Penn State Thursday October 8, 2020 12 - 1 PM EST Zoom Registration Required







## **Thank You!**

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#### Additional Reskill

resources:

#### Degree programs

https://hospitality.ucf.edu/degreeprograms/

#### Graduate certificates:

Hospitality and Tourism Technologies Graduate Certificate **Destination Marketing & Management** 

**Graduate Certificate** 

Event Management Graduate Certificate

#### Upcoming Webinars:

"People" People Working or Not Working in Isolation: Coping Tools for the Hospitality Industry

(balance of 4-part series)

- 1. Service with a Mask: Managing Emotions and Stress during COVID-19 Thursday, Oct. 8 @12:00 p.m. ET
- 2. Lessons from Astronauts on Dealing with Isolation Thursday, Oct. 15 @11:00 a.m. ET
- 3. Who am I? Finding Your Purpose in a Period of Unemployment Thursday, Oct. 22 @12:00 p.m. ET



