NEW FRONTIER HEALTH

和睦家医疗 United Family Healthcare

Protecting Our Mental Health During COVID Lockdown

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Shanghai International Mental Health Association

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Introduction

Introduction 介绍

- Clinical Psychologist, Dept. Chair of Mental Health
- 心理学博士，心理科主管
- President, Shanghai International Mental Health Association
- American-born Chinese，attended UC Berkeley
- 美籍华人，加州联合国际大学职业心理学学院
- 获得临床心理学硕士与博士学位
- Training/Experience 培训经历
  - Shaanxi Provincial People's Hospital, Xi'An 陕西省人民医院
  - United States Department of Veterans Affairs旧金山退伍军人医疗中心
  - Community Mental Health 社区心理健康
  - Children's Hospital, Oakland California 奥克兰儿童医院
  - United Family Hospital, Beijing 北京和睦家医院
- International Experience: 国际背景
  - France, Korea, China, Cambodia, Uzbekistan 法国、韩国，中国，柬埔寨，乌兹别克斯坦
- Adults, children, couples, families 成人，儿童，夫妻，家庭

My Family

- Married 15 years
- 2 Sons: 11yo and 6yo

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Resilience

Resilience

- *The Resiliency Advantage* (Berrett-Koehler, 2005), Al Siebert, PhD:

“highly resilient people are flexible, adapt to new circumstances quickly, and thrive in constant change. Most important, they expect to bounce back and feel confident that they will. They have a knack for creating good luck out of circumstances that many others see as bad luck.”

- New circumstances, constant change, bad luck—these all increase stress. But some people thrive in this environment. WHY?
- They have developed resilience
- How do we do this?

Building Resilience: Mental

- The ability to view things from a different perspective
- Example: Stress
- Keller, Litzelman, Wisk, et al, 2012. University of Wisconsin School of Medicine and Public Health
  - 32,000 adults in US for 8 years
  - People who experienced high levels of stress were 43% more likely to die from a stress-induced reason
  - Result was only true for people who believe stress was bad for you
  - Among people who did NOT believe stress was bad for you, they were no more likely to die from a stress-related reason
  - Researchers estimate that this makes the belief that stress is bad for you the 15th leading cause of death in the US

1. It’s OK to not be OK

- First step to building resilience is self-awareness—It is OK to feel…
  - …Less patient
  - …Less functional
  - …Less emotion regulation
  - …Lower frustration tolerance
  - …More conflict with family and loved ones
  - …Angry and frustrated
  - …Scared for yourself, your family, your job, future, etc.
  - …Nothing at all
  - …“Delayed” reactions
  - …Emotionally volatile
  - …Emotionally numb

Building Resilience: Mental

- Jamieson, Nock, & Mendes, 2012. Harvard University Dept. of Psychology
  - Participants were trained to think that their stress response is HELPFUL
  - These participants shows reduced stress levels, reduced anxiety, and increased confidence
    - Increased heart rate prepares for action
    - Faster breathing brings more oxygen
  - These participants also showed a CHANGE in physical stress response
    - Relaxed blood vessels even though heart was pounding
    - SAME physical response as in JOY and COURAGE

The Art of Satisfaction

2. Examine Our Thoughts

- What are some thoughts we have about our current circumstances?
    - “I’m so worried because I don’t know how long this lockdown will last”
    - “It’s horrible that I am stuck at home”
    - “I hate that I cannot go where I want to go, or see who I want to see”
- How can we take a different perspective?
    - “The feeling of being out of control can help me focus on what I can control”
    - “The feeling of limitation can help me appreciate what I have”
    - “I can be creative in my social relationships”

2. Focus on Control & Gratitude

- What can you control during this time?
- Keep to a regular schedule, even if you don’t “have to”
    - Sleep/wake times
    - Meal times (plan your meals)
    - Exercise (more on this later)
    - Social times (scheduled)
- Take time every week to plan out your daily activities
- Take time every day to reflect on what you are grateful for
    - Write down two things you are grateful for each day—no repeats!

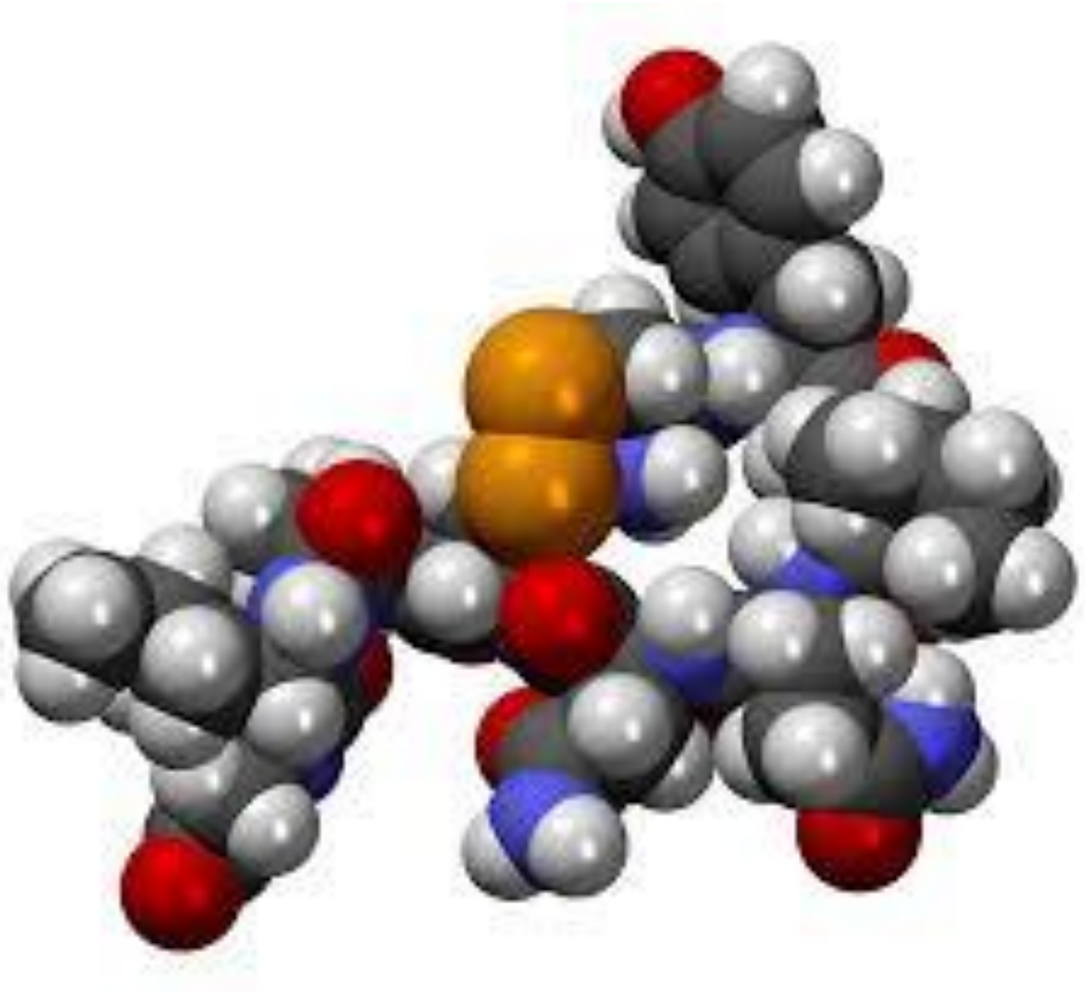
3. Maintain Exercise and Light Exposure

- Maintain (or develop) an exercise routine, daily if possible
    - Exercise videos
    - Dance videos (involve the family!)
    - Online classes
- Regular light exposure, outside if possible
    - At least 45 minutes a day
    - Balcony time, or large window

4. Mindfulness

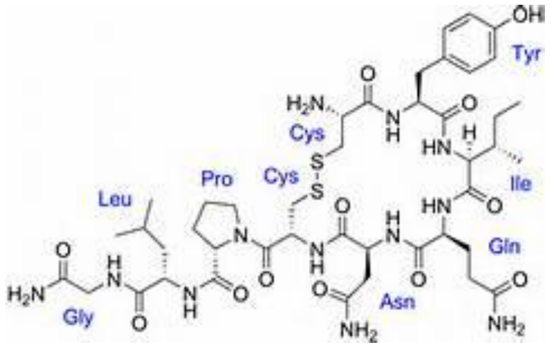
- Mindfulness
  - Awareness
  - Non-Judgement
  - Acceptance
- Benefits of Mindfulness Practice: Example from physical exercise
  - Awareness of your personal stress response
  - Impact baseline anxiety
  - Entertain alternative responses to stress
- Mindfulness Practice
  - Deep Breathing
  - Progressive Muscle Relaxation

Building Resilience: Social

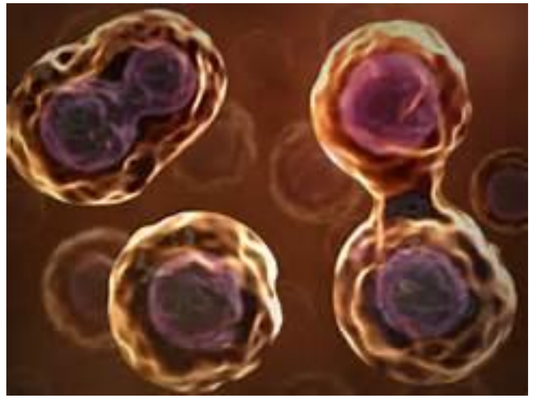


Building Resilience: Social

- Tunes social instincts
- Primes you to do things that strengthen social relationships (prosocial behavior)
  - Physical contact with loved ones
  - Increased empathy for others
  - Increased tendency to help and support others in need



Building Resilience: Social



- Oxytocin is also released during the STRESS RESPONSE
  - Motivates support seeking
  - Prompts you to tell someone
  - Prompts you to notice when people are struggling
  - Helps cells regenerate and heal from stress damage
- Oxytocin's benefits are ENHANCED by social support
- Our stress response has a BUILT IN mechanism for stress RESILIENCE:

HUMAN CONNECTION

Building Resilience: Social

- Pulin, Brown, Dillard, Smith, 2013. University of Buffalo (New York) Dept. of Psychology
  - 100 adults in US, ages 34-93
  - For every major stressful life event, risk of dying from stress-related causes increased 30%
  - BUT people who spent time caring for others did not show ANY stress-related increase in death rate
- CARING creates RESILIENCE

5. Expand Methods of Socialization

- Who around you needs care or help? How can you help them?
- Who would you like to deepen your relationship with? How can you do that?
- Who can you check in on today?
- Who matters to you? How can you communicate that?
- Who can you eat lunch/dinner with (virtually)?

- Try to connect via videoconference if possible, as opposed to chat

6. Boundaries

6. Boundaries

- Activities, places, relationships
- It’s ok to have boundaries re:
    - Physical space
    - Time limits
    - Priorities that you keep
    - Things you don’t do/eat/drink
    - Things you don’t have time for

- What boundaries do you need to have during lockdown?

7. Boundaries

- Have separate spaces (if possible) in your home for:
    - Work
    - Exercise
    - Sleep
    - Dining

8. Protect Family Relationships

- Discuss with your partner:
    - Boundaries
    - Distribution of responsibilities
    - Expectations re: meals, childcare, managing online learning, etc
- Consider a Family Meeting (from Positive Discipline)
    - Family makes ***agreements***
    - Set a daily/weekly schedule
    - Agree upon roles and responsibilities
    - Plan fun times and rewards
- Learn to ask for a “time out” or “tag team”

9. Protect Your Sleep

- Keep a regular sleep/wake time
- Have a regular nighttime routine
- Know how much sleep you need in order to feel rested
- No screens at least 2 hours before bedtime
- Don’t charge phone next to bed
- Use bed only for sleep and intimacy—not for anything else!
- Reduce alcohol intake before bed
- If you don’t fall asleep within 20 minutes, get up!

10. Protect Your Sense of Self

- Change your clothes for “work” daily, even if working online from home
- Do something each day that makes you feel successful
- Do something each day purely for enjoyment
- Note your accomplishments each day
- Be kind to yourself—this is a unique time

和睦家医疗 United Family Healthcare

心理健康中心 Psychological Health Center

Minding Our Minds During Lockdown

居家隔离时期的心理健康

One free online counseling session for those in lockdown/quarantine.

居家隔离时期，来自专业人士的心理在线咨询一次

***New patients only, additional conditions may apply**

***仅限新患者，其他条件可能适用**

It is normal to feel fearful and anxious during this time. You can express yourself in safe environment and get support to lessen your distress.

如您在这段时间里感到恐惧和焦虑，皆为正常的表现。尝试着在安全的环境中表达自己，并获得支持以减轻痛苦。

If interested, please RSVP by emailing **PDU.MH_Assistant@ufh.com.cn**, we will contact to schedule a session.

如您有兴趣，请通过电子邮件回复 **PDU.MH_Assistant@ufh.com.cn** 我们将尽快联系您安排课时。

上海和睦家新城医院 Shanghai United Family Pudong Hospital

咨询电话：General Inquiry: 021-3886 2888

24小时预约中心：24hrs Appointment Center: 400 639 3900

急诊部电话：For Emergency: 021-3886 8999

上海市浦东新区新金桥路1598号(近中环线)

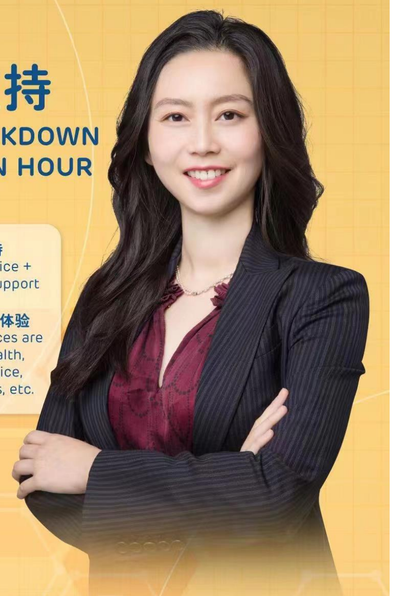
No.1598, New Jinqiao Road, Pudong New District, Shanghai, China

www.ufh.com.cn

沁睦心理咨询 United Family Counseling Center

对话 · 支持

SHANGHAI LOCKDOWN CONVERSATION HOUR



引导正念+分享体验+互助支持
Facilitated mindfulness practice + Share experience + Mutual support

与当下疫情相关的所有情绪、体验
All Covid-19 related experiences are welcomed: health, mental health, anxieties, work, family, prejudice, positive and negative feelings, etc.

胡伯骏 博士
心理医生

Bojun Hu
Psychologist, PhD

英文场次 Sessions in English

4月2日-5日 星期六-星期二下午15:00-16:00
15:00-16:00, Saturday, Sunday, Monday, Tuesday April 2- 5

公益 Free

参与者 Participants

前八位注册客人获得义诊机会
Free for the first 8 registrants for each session

如需更多详情或预约，请联系心理科小助手
For more details or registration,
please contact our department WeChat assistant

沁睦咨询中心 **United Family Counseling Center**
上海市长宁区泉口路10号，10 Quankou Road, Changning District, Shanghai

Appointment Center 预约中心
400 639 3900

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全程守护 健康无忧

Internet Hospital Multidisciplinary Online Consultation Continues

多专科线上咨询服务持续进行中

500+经验丰富全职专家 500+ Experienced Specialists

始终如一的高品质服务 Consistent Quality Care

保护隐私的安全平台 Private and Secure

- 全科 Family Medicine
- 妇产科 Obstetrics & Gynecology
- 内科 Internal Medicine
- 眼科 Eye Clinic
- 皮肤科 Dermatology
- 耳鼻喉科 ENT Clinic (Ear, Nose, Throat)

扫码咨询 Scan for consultation

联系和睦家助手 Scan for further assistance

严重或紧急情况，请及时拨打当地急救电话

For medical emergency or critical situation, please call the local emergency hotline immediately.

Contacting Us

- United Family Healthcare 上海和睦家医疗
- 4006393900 (24 hours)
- George.hu@ufh.com.cn
- Shanghai United Family Pudong Mental Health Department

谢谢！
Thank you!

上海和睦家新城医院
Shanghai United Family Pudong Hospital

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