

Emotional wellness

▶ *in this crazy time*

Priyanka Pandey

PhD

Consultant, Education Global Practice, World Bank

While in quarantine for physical health of our families and communities

Emotional, mental and social health needs are also critical

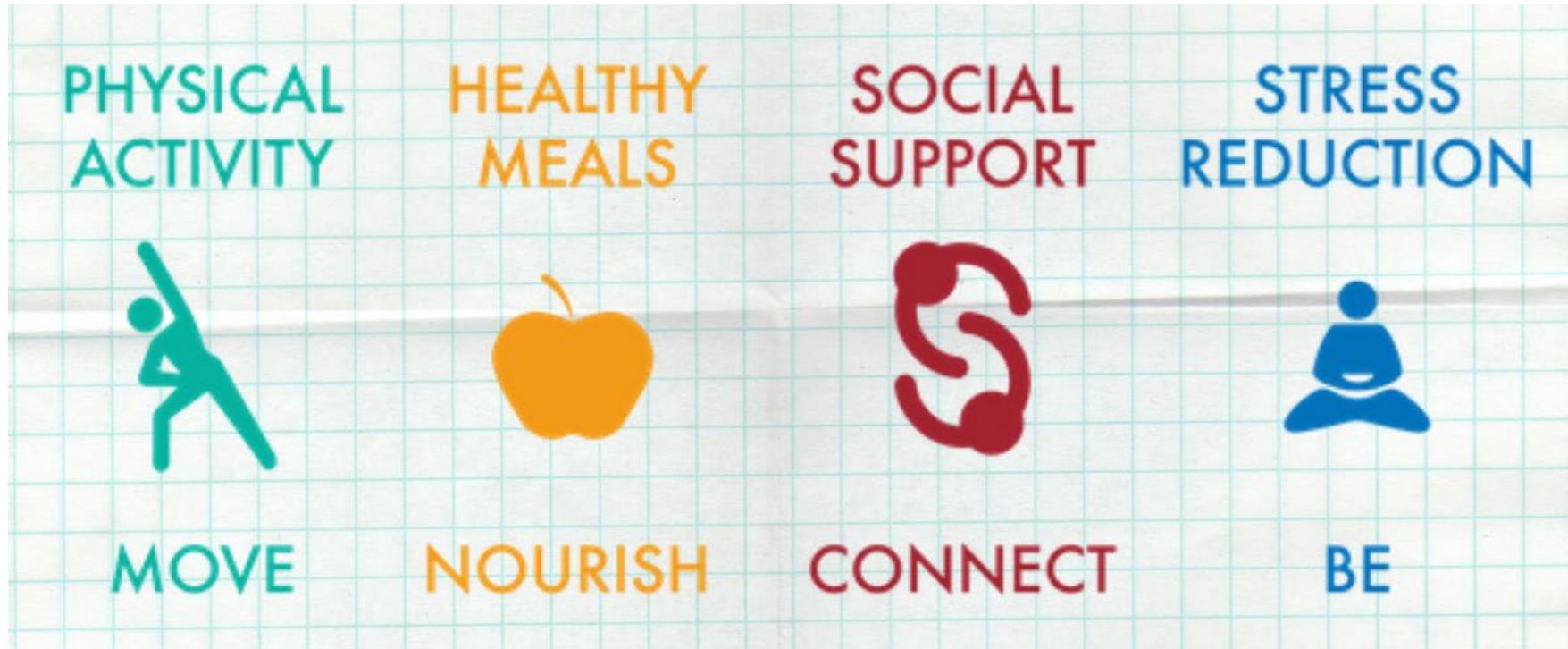


How to take care of emotional, mental and social wellness

Number one

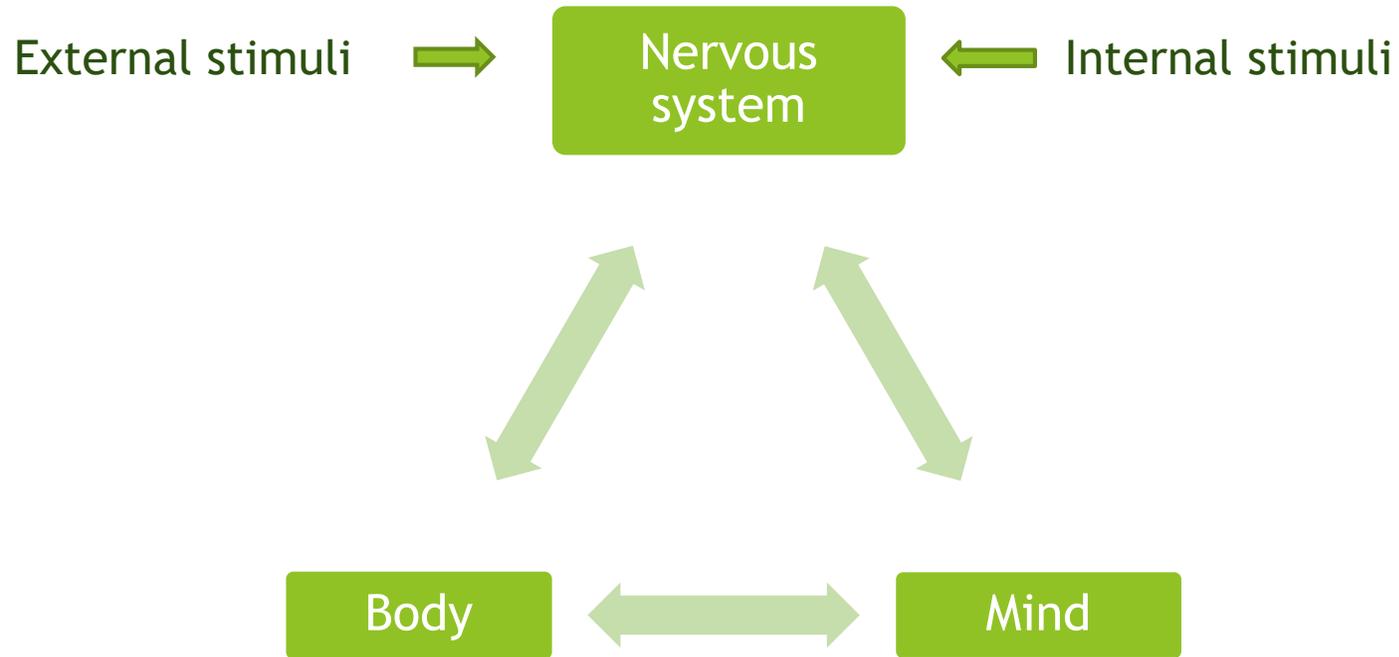
*Create
structures in
this time of
chaos*

Create structures



Source: Open source wellness

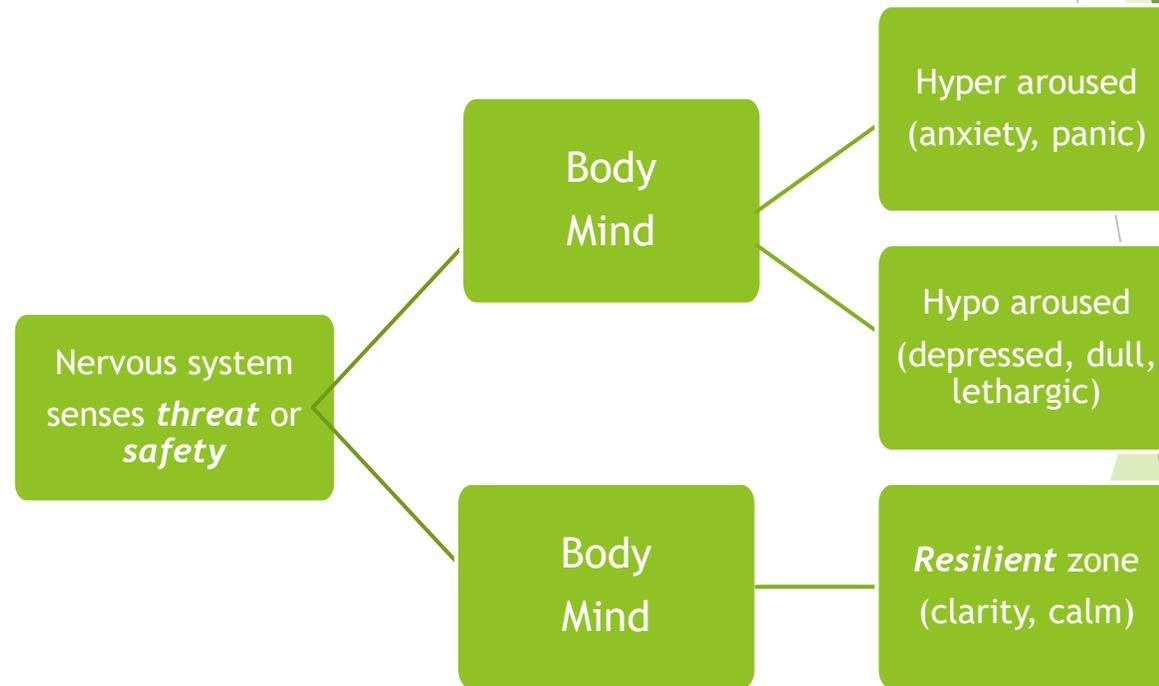
Understanding the basics of stress



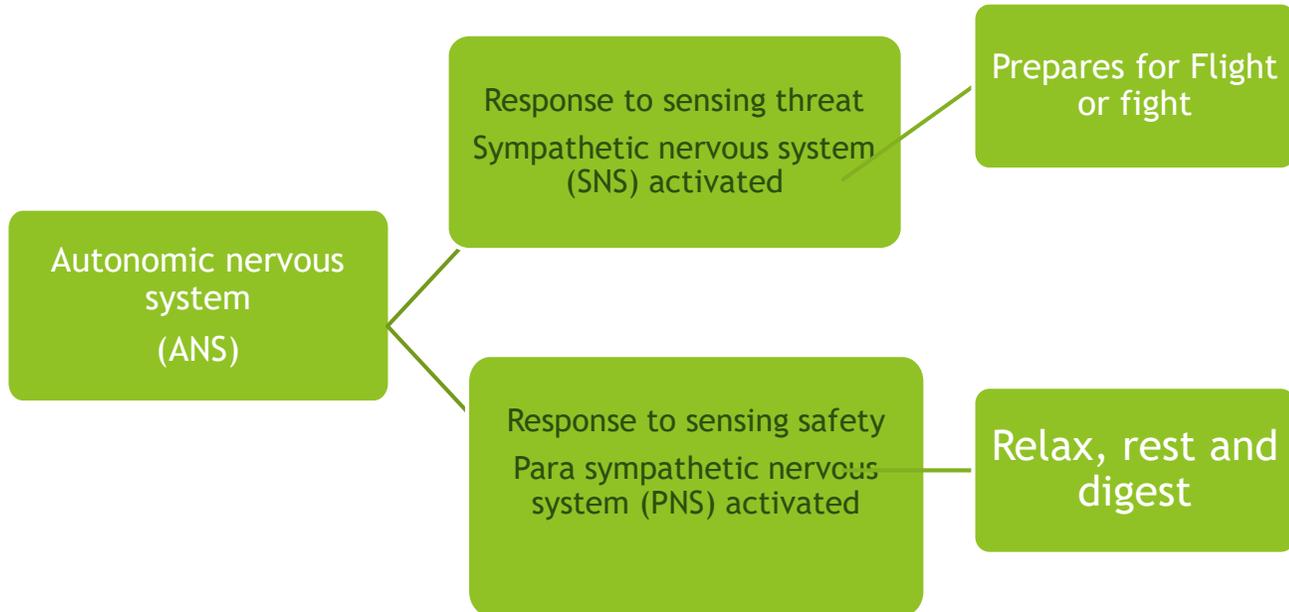
- ▶ We have very quick response to stimuli
- ▶ Stimuli **activate** us into anxious or **dampen** us into depressive state. Bodily sensations can be leading indicators of stress, anxiety, fear and depression.
- ▶ We act with greatest clarity when in **resilient zone**. Body can also alert us to states of joy, calm and clarity

Understanding the basics of stress

- ▶ *Ideally* we operate in “resilient zone”
- ▶ In “resilient zone” we feel clarity and calm despite what happens in the external world
- ▶ We are capable of making decisions in a rational way and not get thrown off balance

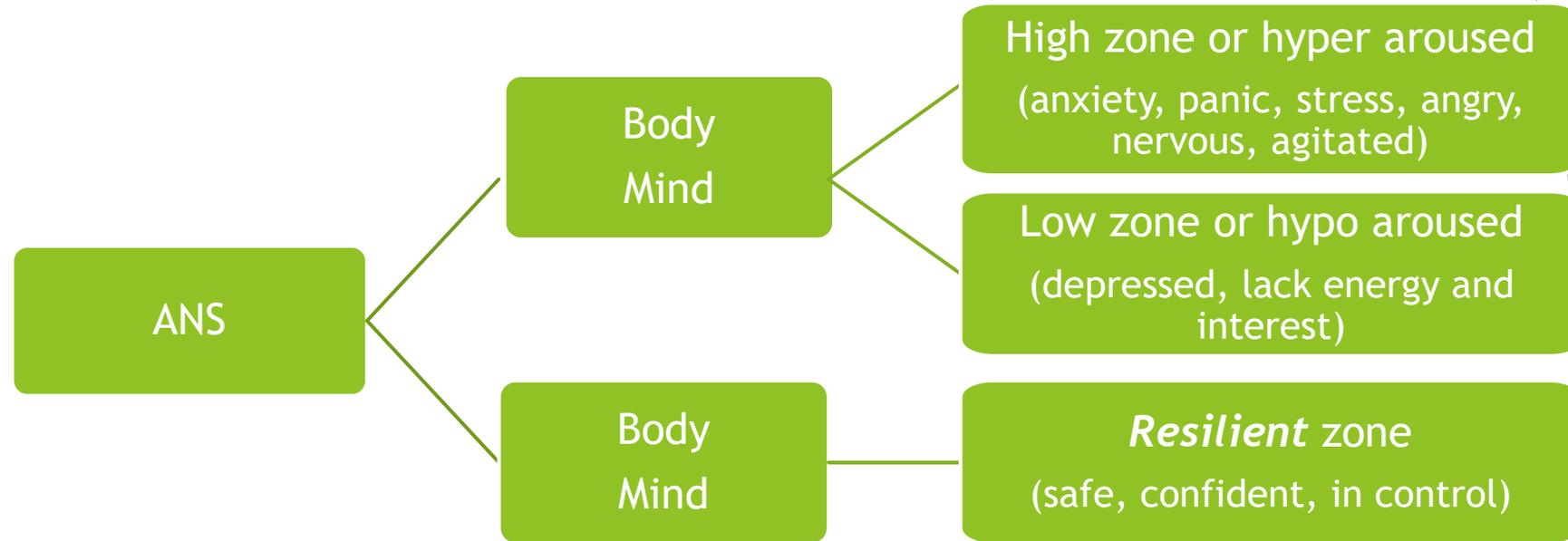


Understanding the basics of stress



- ▶ In a healthy person, body naturally cycles back and forth between SNS and PNS activation in the day
- ▶ The problem comes when body is dysregulated because one system is activated for too long or intensely
- ▶ “Fight or flight” is evolutionarily adaptive when a tiger is about to attack, but debilitating when remains activated for extended period due to work, relationship or financial stress

Understanding the basics of stress



- ▶ Our body does not seem to distinguish between physical threat and psychological or social threats
- ▶ Fear of embarrassment, failure or social rejection perceived as just as threatening as physical danger

Identifying signs of stress

ANS evolved long before higher regions of brain, such as the cortex, so we are not always aware whether it is exhibiting SNS or PNS activation

What tells us whether we are in resilient zone or not?

- ▶ Body sensations

Examining sensations taking place in our body provides good clues.

“the body speaks the language of sensations”

- ▶ Thoughts

- ▶ Behavior

Identifying signs of stress in the body

Tracking

Tracking is the practice of noticing *physical sensations* occurring within the body in the present moment

- ▶ Recognize if pleasant, unpleasant or neutral.
- ▶ If sensation is pleasant or neutral, simply notice the sensation and remain with it for a few moments. This helps our body recognize well-being
- ▶ If sensation is unpleasant, we can redirect our attention, finding a place in the body that is pleasant, neutral or somewhere that is less unpleasant than original sensation

Identifying signs of stress in the mind

Awareness of thoughts and feelings



CULTIVATE PRACTICE OF NOTICING
THOUGHTS AND FEELINGS IN THE
PRESENT MOMENT



WHAT AM I THINKING?



HOW DO I FEEL RIGHT NOW?

What can we do to manage stress

A few evidence based tools



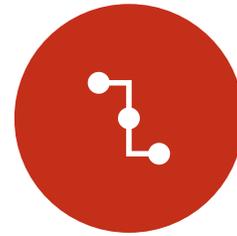
TRACKING



MINDFULNESS



EMOTIONAL
AWARENESS



CONNECTING

What can we do to manage stress
A few evidence based tools

► Mindfulness

5-minute mindful breathing audio

<http://mindfulnessforteens.com/guided-meditations/>

(click on number 2 when site opens)



What can we do to manage stress

A few evidence based tools



EMOTIONAL
AWARENESS-
CHECKING IN
WITH SELF DAILY



*ONE WAY TO DO THIS IS
TO:*



LEARN AND PRACTICE
THE LANGUAGE OF
EMOTIONS



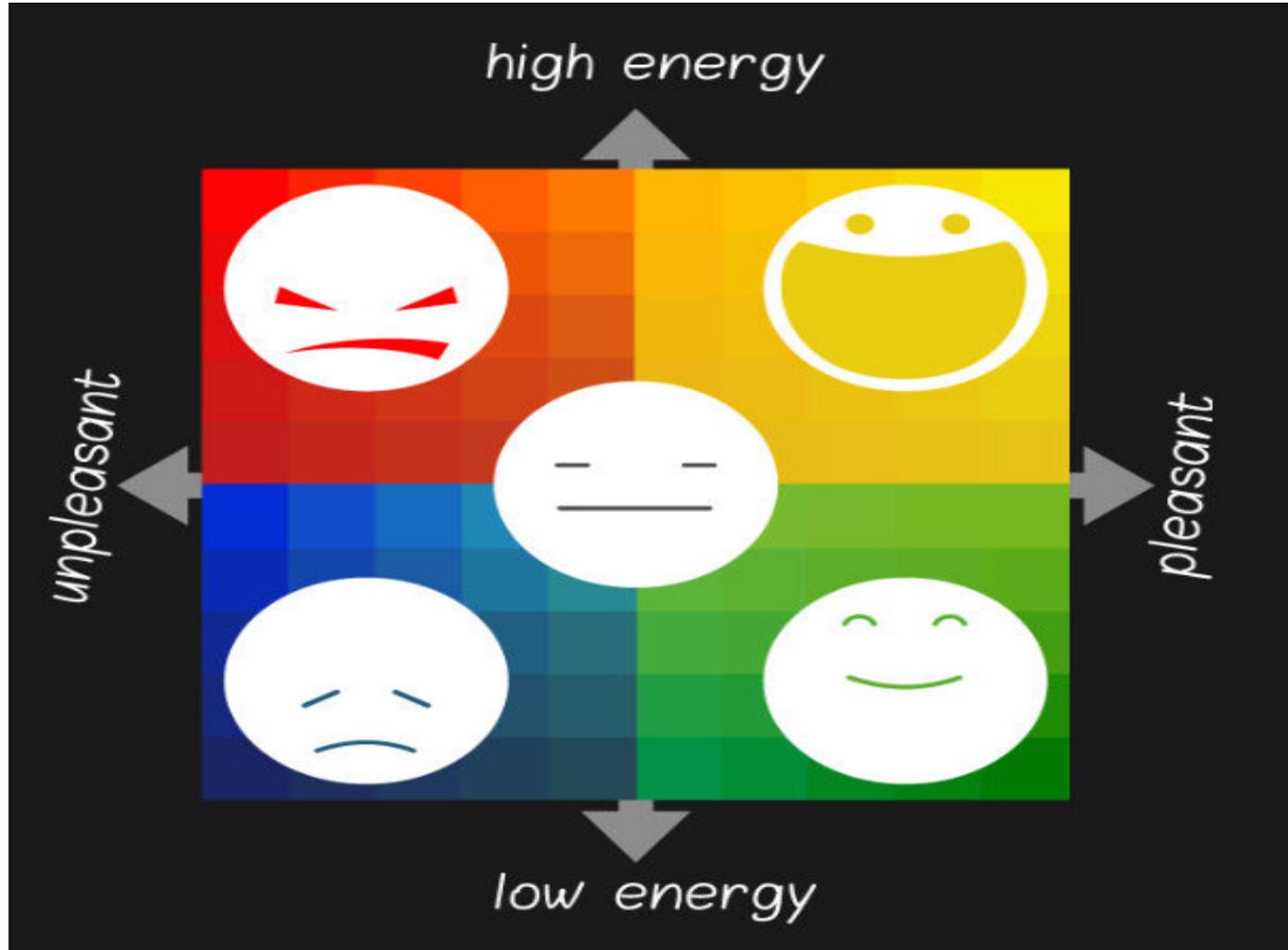
USING MOOD METER



AND LIST OF FEELING
WORDS

Emotional awareness

Mood meter



Emotional awareness

Feeling words



Yellow Zone (high energy, high pleasantness): pleasant, happy, joyful, hopeful, focused, optimistic, proud, cheerful, lively, playful, excited, thrilled, inspired



Green Zone (low energy, high pleasantness): at ease, calm, easygoing, secure, grateful, blessed, satisfied, restful, loving, balanced, comfy, cozy, carefree, mellow, thoughtful, serene



Red Zone (high energy, low pleasantness): peeved, annoyed, irritated, worried, frightened, jittery, tense, troubled, angry, furious, panicked, stressed, anxious



Blue Zone (low energy, low pleasantness): apathetic, bored, sad, down, uneasy, miserable, depressed, disheartened, exhausted, hopeless, alienated, despondent, despair

Emotional awareness

Use Mood meter and list of feeling words to locate

- ▶ Step 1 Where you are 
- ▶ Step 2 Where you want to go 
- ▶ Step 3 How to get there

What else can we do to manage stress
A few other evidence based tools that are preventative



Gratitude practice



Sleep

Thank you for attending & listening!

Contact info

Email prpa104@yahoo.com

Cell 410-508-1598