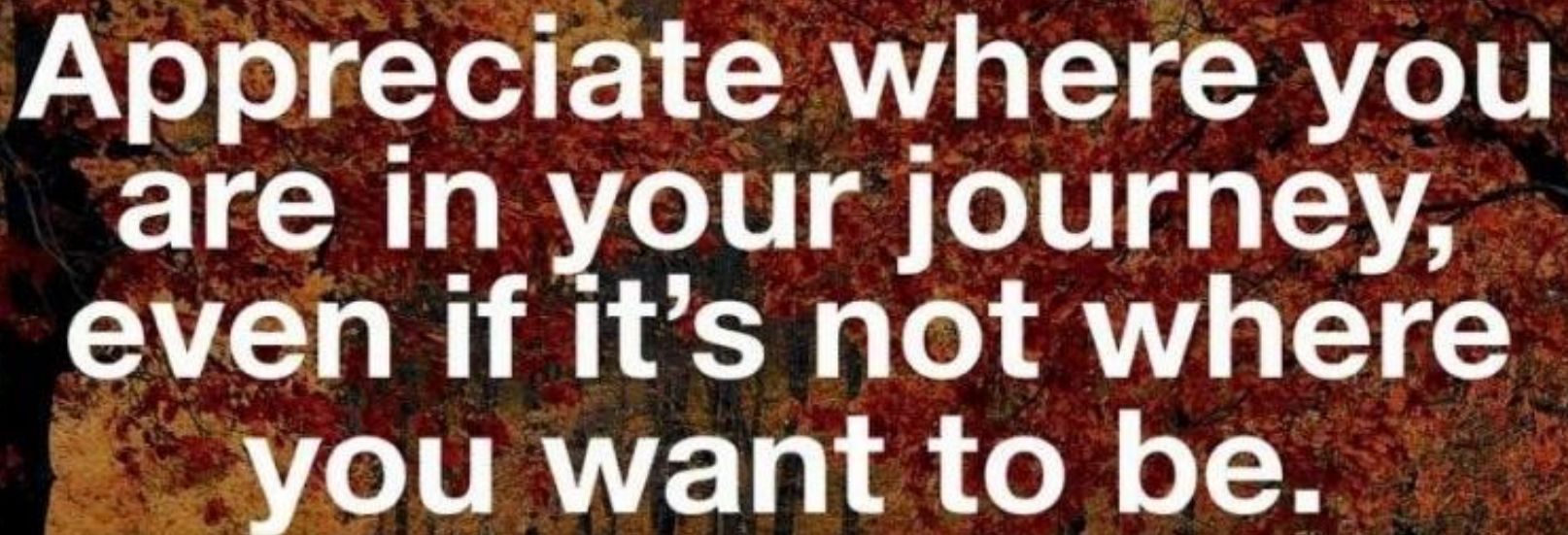


Managing Post Covid-19 Condition Therapeutic Education Program

Managing Emotions and Building Resilience



**Appreciate where you
are in your journey,
even if it's not where
you want to be.**

Module 5: Objectives

By the end of this session, you will be able to:

- Understand emotions you may be feeling as a result of your experience with Long COVID
- Recognize how Long COVID can affect your mental and emotional wellbeing
- Discuss strategies to help manage your emotions, build self-acceptance, and resilience

Mindful Breathing exercise

*Please see the video module in the portal
to practice this guided exercise*



How are you feeling?

What emotions have you had in your experience with COVID-19 and the post-COVID Condition (PCC)?

Common emotional experiences after COVID-19

You may:

- Be hard on yourself
- Be frustrated with not being able to do the things you once did so easily, or that things are slow and effortful
- Sadness with the loss of independence and identity
- Fearful of the uncertainty of your health and health conditions
- Worry about being around other people and trusting the community

Common emotional experiences after COVID-19 cont.

You may also be:

- Afraid of reinfection
- Afraid of public spaces and public transportation
- Concerned about your ability to return back to work or school
- Worried about the financial repercussions
- Angry or upset at your present circumstance or the slow recovery
- Anxious or depressed



Trauma, Grief, Stress and Your Emotions

What is Trauma?

Trauma is the lasting emotional response to a distressing event.

Everyone can respond very differently. For example, this can sometimes harm:

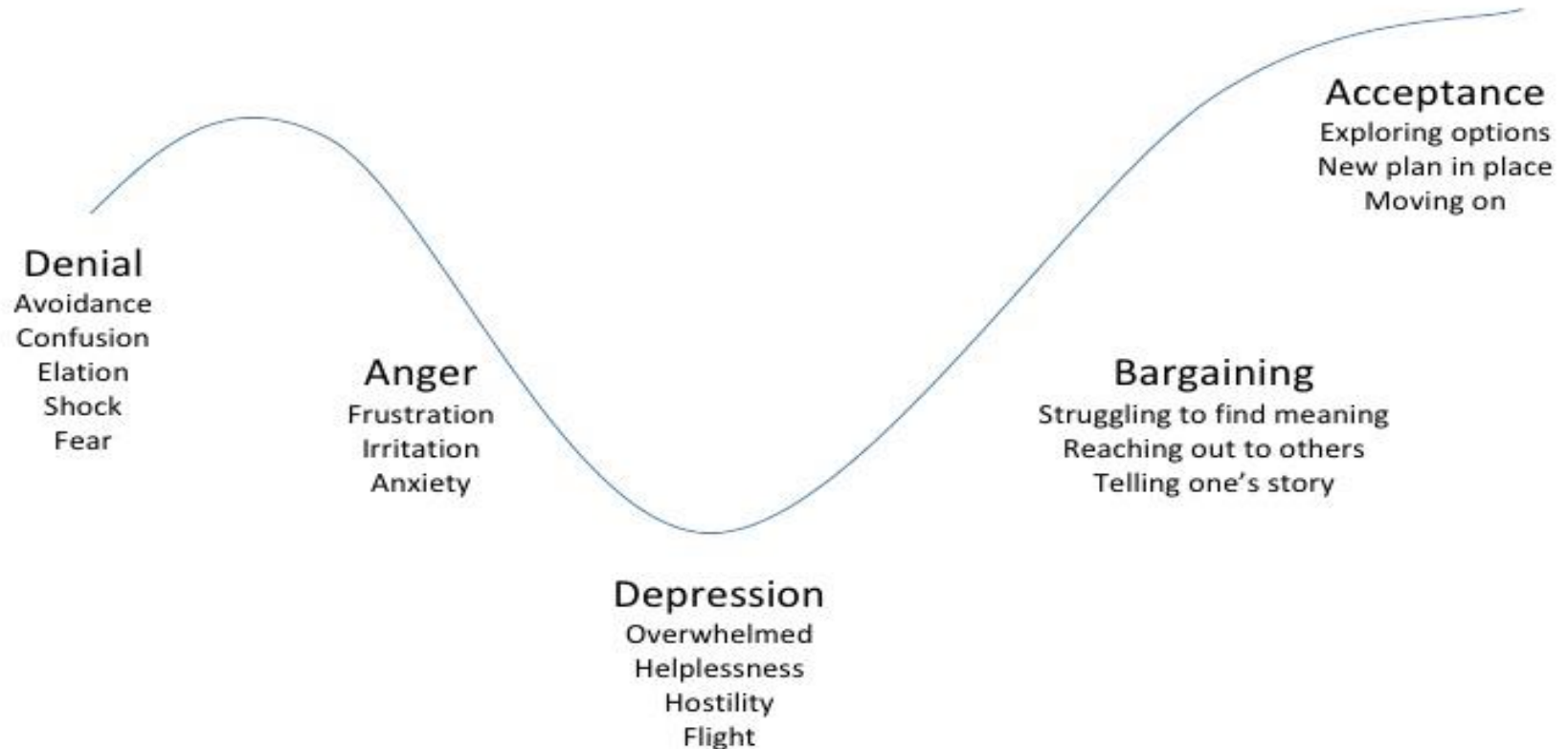
- a person's sense of safety
- sense of self
- ability to regulate emotions
- ability to navigate relationships

It can be common to feel shame, helplessness, powerlessness and intense fear.

Based on Centre for Addiction and Mental Health (CAMH)

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/trauma>

Kübler-Ross Grief Cycle



Information and
Communication

Emotional Support

Guidance and
Direction

Stress and your emotions

- We all feel stress sometimes and some stress is normal
- Good stress vs Bad stress
- Unsustainability of bad stress
- Understand and manage your stress response





Ways to manage your emotions

What is Resilience?

Resilience is the process of adapting in the face of adversity, trauma, tragedy, or other significant sources of stress.

Becoming **resilient** helps you work through difficult events, but it also helps you grow and improve your life even in the absence of adversity.

Some people refer to resilience as “bouncing back,” but it’s more than that. Being resilient includes learning from past experiences and developing new coping strategies moving forward.

[Katie Hurley, LCSW](#)

1. Ways to build your resilience

1. Find your sense of purpose
2. Believe in your abilities
3. Develop a strong social network
4. Balance your thoughts

What is another way of building resiliency?

2. Name it to Tame it



**WHEN STRONG
EMOTION THREATENS
TO TAKE OVER...**

**NAME IT SO YOU CAN
TAME IT.**

Feeling Words

Anger

Frustrated
Defensive
Annoyed
Impatient
Offended
Mad

Sadness

Disappointed
Regretful
Troubled
Hurt
Lonely
Empty

Happy

Confident
Thankful
Amused
Excited
Content
Inspired

Scared

Panicked
Worried
Nervous
Stressed
Confused
Skeptical

Embarrassed

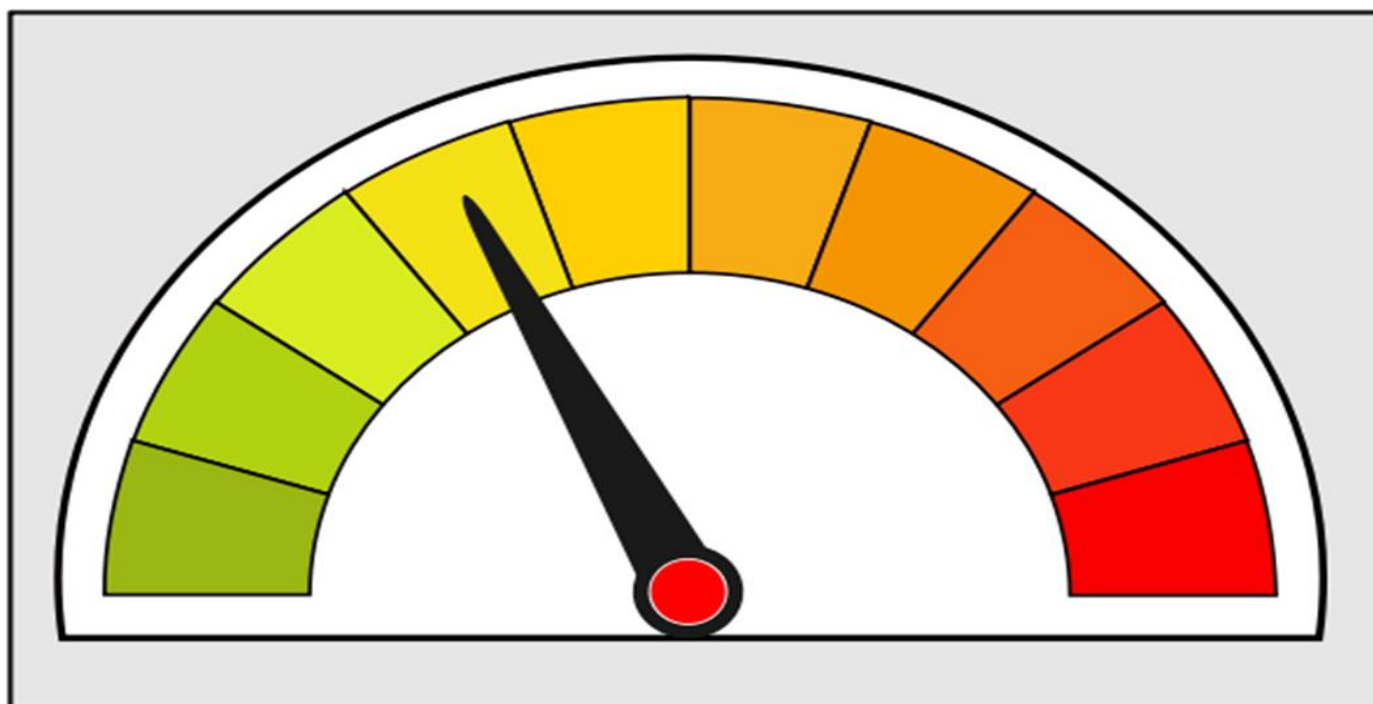
Self-conscious
Guilty
Ashamed
Isolated
Confused
Inferior

Hurt

Jealous
Betrayed
Abandoned
Deprived
Victimized
Tormented



3. Monitor your emotional fuel tank: Self-care strategies



How do you know when your emotional fuel tank is low?

You:	You:
Have lots of thoughts all at once	Have a hard time concentrating or remembering
Keep thinking about bad things that have happened to you	
Feel overwhelmed	Have no motivation or interest
Feel irritable, angry or frustrated	Feel helpless or like a burden
Talk negatively about yourself "I should be further along"	Talk negatively about yourself "I am not enough"
Push beyond your personal limits	Stay away from other people
	Do not keep yourself clean
Cannot stop crying	Do not feel any emotions

Self-care Strategies:

What fills your fuel tank? vs. What lowers your fuel tank?



Self-care strategy ideas to fill your tank

Activities that give energy

- Talking to someone you like
- Watching a movie or TV show
- Doing a word search or other puzzle
- Washing dishes, wiping counters
- Listening to your favorite music
- Making art, colour or paint

Activities that are calming

- Paying attention to your breath
- Talking nicely to yourself
- Meditation (body scan)
- Taking a rest
- Petting an animal
- Faith or culture based activities

Question:

What self-care strategies fill your fuel tank?

4. Be kind to yourself (practice self-compassion)

- Remember that what is happening to you isn't your fault
- Slow is what is necessary. Give your body a chance to heal
- Know and remind yourself that you are doing your best
- It is okay to not be okay
- How you speak to yourself matters

*Please see the video module in the portal to practice a guided exercise
in practicing self-compassion*

5. Practice Mindfulness

Managing emotions with mindfulness in mind means:

- Observe and acknowledge your emotions without judgement
- Practice patience with yourself, your experience, and your efforts
- Notice what is not helping in your journey and letting go of what does not serve you
- Focusing your attention to the present moment
- Being intentional

Summary - Ways to manage your emotions

1. Building Resiliency
2. Name it to Tame it
3. Monitor the emotional fuel tank and practice self-care strategies
4. Practice self-compassion
5. Practice mindfulness

If these strategies do not help with your emotions and grief experience, please talk to your doctor or healthcare team

Reflection

- What is one self-care strategy that fills your fuel tank that you will try out in the next few days?

