



Trans Matters Now

Coping & COVID-19



Sweeping The Globe

COVID-19 Sweeps Globe Leaving Millions Shut-In

Routines Adjusted For Work/School From Home

Essential Workers Struggle With Increased Demands

Millions in A Balancing Act Financially, at Work, & at Home

Causing New Forms of Burnout For Many



Learning About Burnout

Feeling Physical, Emotional, & Mental Exhaustion

Inability to Process Normal Empathy & Compassion

Reduced Sense of Accomplishment, Reward, & Purpose

Stress & Burnout Are Similar But Different

Burnout May Be A Result of Stress

Stress is Feeling Overwhelmed, or Overburdened



Stress vs Burnout

Stress:

- Over-Engagement
- Over-Reactive
- Over-Active
- Physically Drained
- May Lead to Anxiety

Burnout:

- Disengaged
- Numbed or Dulled
- Helpless/Hopeless
- Lacking Motivation
- Detached or Depressed



Signs of Burnout

Physical:

- Feeling Tired, Sluggish
- Sickness/Headaches
- Muscle Pains
- Back Aches
- Sleep Disturbances

Mental/Emotional:

- Trouble Focusing
- Forgetfulness
- Feeling Unappreciated
- Feeling Detached
- Difficulty Showing Empathy

Behavioral:

- Procrastination
- Avoidance of People
- Irritability
- Avoiding Responsibilities
- Skipping Work/School



Seeing Signs

You Are Not Alone - Others Also Experience Burnout

Because this pandemic has caused drastic changes it's important to be aware & to access yourself.

Take Action - Stress Fades But Burnout Won't Vanish By Itself

It's important to understand that many of the usual coping mechanisms may not work. Finding new means of support, and creating new action plans may be necessary.



Be Good To Yourself

- It's completely understandable if this pandemic has brought out both the best and the worst in you. It's wonderful when the best comes out, but it can be overwhelming, and exhausting when we have to cope while dealing with the worst parts of ourselves and others.
- Trying to be mindful of how you're feeling is vital during this time. Forgive yourself if you're not feeling or able to be your best, and remember to forgive others too.



Limit News & Social Media

There is no shortage of sad and disappointing news. There is no shortage of coverage of the COVID-19 situation.

So limiting your time to just once or twice a day, in order to keep up with what's going on, but not over-exposing yourself to traumatizing information, pictures, and videos.

Set up regular times during the week to check-in on family members, friends, neighbors, and co-workers.



Pay Attention

- Don't ignore yourself. Recognize your thoughts and feelings may change with set, settings, & situations.
- Being in the moment is important. Allow yourself to feel the feelings and think the thoughts. Also allow them to simply pass.
- Doing exercises like: deep breathing, lifting shoulders up/down, pushing your feet into the ground, or pushing against a solid brick wall, may help those to pass.



Boosting Physical Health

- Eat a healthy, balanced diet and drink plenty of water.
- Get 7-8 hours of sleep each night.
- Exercise every day (even chair exercises count).
- Take deep breaths and stretch often.
- Avoid unhealthy behaviors such as: abusing alcohol or drugs, or ignoring public health recommendations.
- Spend time outside such as: going for a walk, or visiting the park, practicing social distancing guidelines.



Boosting Mental Health

- Set and maintain a routine at home.
- Focus on things you can control.
- Listen to music or read books.
- Lean on your personal beliefs and faith for support.
- Help your community such as: blood donations, checking on older people in your neighborhood, or donating to local organizations.



Focus on Things in Your Control

- Keep A Daily Routine
- Start A New Creative Project
- Learn About A Topic of Interest
- Remaining Engaged in Productive Activities
- Use A Journal To Keep Up w/Thoughts & Feelings



Use Time At Home Wisely

- Deep-clean Your Living Space
- Re-organize Your Closet
- Declutter Your Desk/Room
- Watch A Sunset Or Sunrise
- Get Rid of 5 Things You Never Use
- Unsubscribe From Junk Emails



Wrapping Up

It's only natural to worry about ourselves, and loved ones during this time.

- Being aware of our feelings and thoughts.
- Focusing on what we can control.
- Keeping regular routines.

Are all ways to ensure we're keeping up with our physical, mental and emotional health while we're all dealing with this global pandemic.



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