

# Tips to Boost Emotional Health During The Pandemic

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# About me

- Born and raised in Seattle, Washington
- Attended Washington State University. Bachelor of Arts in Sociology
- Attended California State East Bay. Master of Social Work
- Licensed Clinical Social Worker -May 2017
- Over 10 years of experience in the field of Social Work
- \*Focus is working with adults experiencing life transitions, traumatic birth experiences, depression, anxiety, and achieving personal goals



# Agenda

- ❑ Impact of the Pandemic on Mental Health
- ❑ Identify Healthy and Unhealthy Habits
- ❑ Tips for Creating Healthy Habits That Last
- ❑ Health Habits Action Plan
- ❑ Mindfulness
- ❑ Points to Remember
- ❑ Q & A
- ❑ Resources & References



# Mental Health & The Pandemic

- Anxiety
- Depression
- Financial Hardship
- Substance Abuse
- Stress
- Social Isolation
- Loneliness
- Sleep Disruption



# Behavioral & Emotional Impact of Covid-19

- Social media binging
- Overeating eating comfort foods
- Panic purchasing
- No structure/balance
- Decrease in physical activity
- Comparison



## Reflection question: Have you found yourself engaging in unhealthy behavior during Covid?

- When thinking about this, avoid self-shame.
- Can you identify them?
- Why are they unhealthy?
- Can you identify a specific trigger that might be contributing to your engagement in this behavior (ex: isolation, financial hardship, overwhelmed, relationship stressors, limited structure)?

# What Are Healthy Habits?

- Hydration
- Physical activity
- Daily Routine
- Socialization
- Hobbies/Interests
- Identify support
- Mindfulness



## Reflection question: What were some of your healthy habits prior to Covid?

- Hobbies
- Activities
- Personal connections
- Spirituality
- Health
- Beauty Self care



# Creating Healthy Habits That Lasts

- Awareness
- Make A Plan
- Stay on Track
- Think About the Future
- Be Patient



# Healthy Habits Action Plan

- Specific
- Measurable
- Achievable
- Relevant
- Timely



# Mindfulness

- Can be practiced often
- Pause for self-check-in
- To bring awareness
- Choose time of day
- Repetitive action
- Deep breaths



# Points to Remember

- Focus on what you can control
- Identify healthy habit(s)
- Create a SMART Goal
- Incorporate Mindfulness
- Reach out for support



# Mental Health Resources

- ❑ Family Caregiver Alliance- <https://www.caregiver.org/>
- ❑ Open Path Psychotherapy Collective- <https://openpathcollective.org/>
- ❑ National Suicide Prevention Life Line- <https://suicidepreventionlifeline.org/>
- ❑ Tiffany Pippen, LCSW- <https://tiffanypippentherapy.com/>
- ❑ Psychology Today- <https://www.psychologytoday.com>

# Q&A

# THANK YOU!

Take Care



# More Information About FCA

**Family Caregiver Alliance** offers education, services, research, and advocacy based on the real needs of family and informal caregivers. Founded in the late 1970s, FCA is the first community-based nonprofit organization in the United States to address the needs of families and friends providing long-term care for loved ones at home.

**National Center on Caregiving (NCC)** was established by FCA to advance the development of high-quality, cost effective programs and policies for caregivers in every state.

**NCC** sponsors Services by State, a state-by-state resource locator designed to help caregivers find support services in their communities.

**Bay Area Caregiver Resource Center** — operated by FCA for the six-county San Francisco Bay Area — provides support to family caregivers. FCA's staff of family consultants, through education programs and direct support, offer effective tools to manage the complex and demanding tasks of caregiving.

**FCA CareNav** is a secure online solution for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

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