

O'Fallon Chamber of Commerce

Mental Wellness Within Our New Normal

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Saint Louis Counseling



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Executive Director

Mission Statement



Guided by the teachings of Jesus Christ, Saint Louis Counseling supports healing and improved mental health for individuals and families of all backgrounds through professional counseling and psychiatric services.

Counseling

Compassionately walking the **journey**
with **clients** of **all ages** and **backgrounds**



#BreakDownStigma

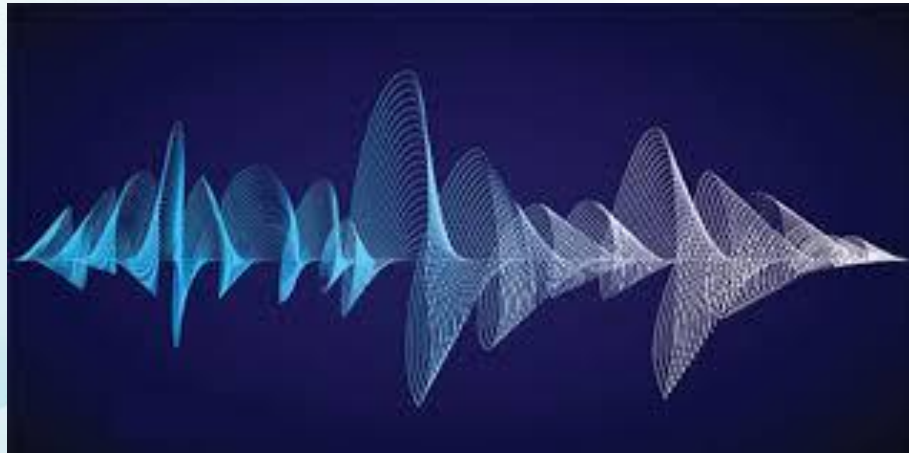


Everyone has mental health.



The New Normal

The most prolonged anxiety provoking and stressful time we have experienced as a whole.



The New Normal

Social Distancing
Quarantine
Stay-At-Home Orders
Economic Issues
Unemployment
Grieving
Work-from-home
Technology
State of Emergency

The New Normal

Mental Health Focus of Covid-19

“The Ebb-n-Flow of Mental Health”



The New Normal

“The Ebb-n-Flow of Mental Health”

1. People who were already dealing with a mental illness/emotional health issue and/or trauma.
2. People who are experiencing mental/emotional health symptoms due to increased stress from a pandemic

The New Normal

Anticipatory Anxiety “A case of the What-If’s”



The New Normal

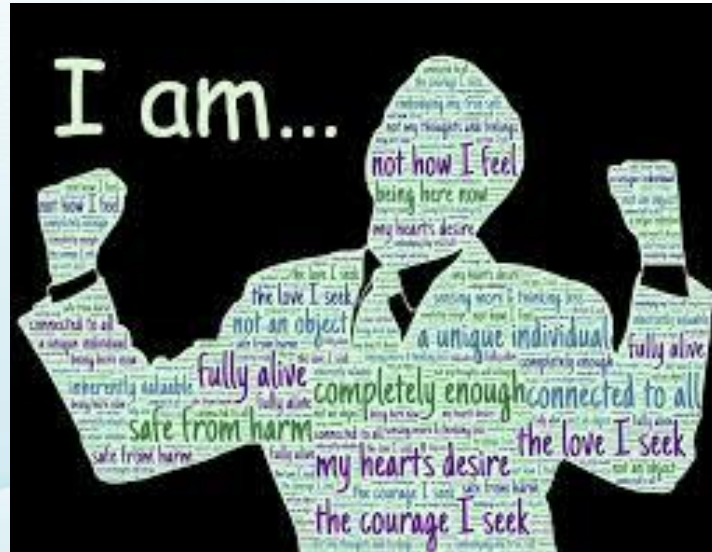
Coping with Anticipatory Anxiety

1. Acknowledgment
2. Logic/Facts
3. Planned responses
4. Appropriate Venting
5. Breathe

Slowing Down Your Thoughts

The New Normal

Know Thyself



The New Normal

1. Do you like change?
2. Are you an optimist or pessimist?
3. Are you a rule follower or rebel?
4. Are you an introvert or extrovert?
5. Do you have self-care strategies?

The New Normal

Taking Care of Ourselves and Others

1. Check-In
2. Communication
3. Sleep/Exercise/Nutrition
4. Establish new routines

The New Normal

Keys to making it through the New Normal

1. You are not alone.
2. There will be another “New Normal”.
3. Stay away from perfectionism.
4. Relationships.
5. Opportunity.

The New Normal

When to seek out professional counseling/therapy...

1. You have tried other remedies and no change.
2. People tell you that you should see a therapist.
3. Pattern in change in behavior.
4. Overwhelming feelings/thoughts that you cannot stop
5. Self-medicating.
6. Thoughts of hurting yourself and/or others.

Questions & Comments

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SaintLouisCounseling.org

#MentalHealthMatters