

Coping with Stressors and Barriers to Well-Being

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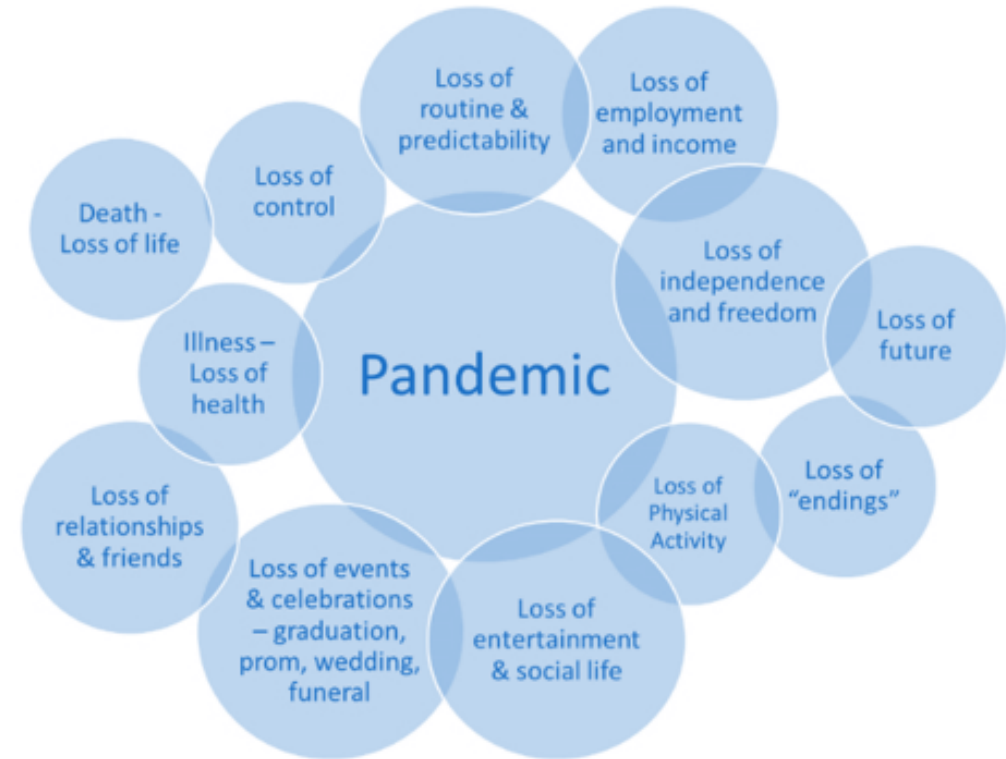
Disclaimer

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Pandemic Losses

- Death of loved ones, coworkers and neighbors
- Financial security
 - Housing
 - Jobs
 - Food
- Experiences and Activities
 - Time with friends
 - Remote learning and work
 - Vacation plans on hold
 - Leisure events cancelled
- Special events and milestones
Graduations, birthdays, baby showers, weddings, anniversaries



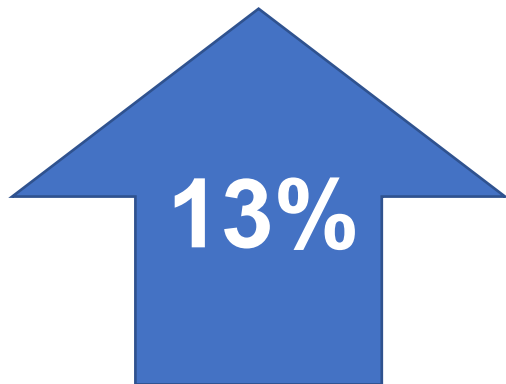
Pandemic Stress in America

- A majority of adults (61%) reported experiencing undesired weight changes
- Nearly half of Americans (47%) said they delayed or canceled health care services
- Nearly half of parents (48%) said the level of stress in their life has increased
- Black Americans were most likely to report feelings of concern about the future
- Gen Z adults (46%) were the most likely generation to say that their mental health has worsened

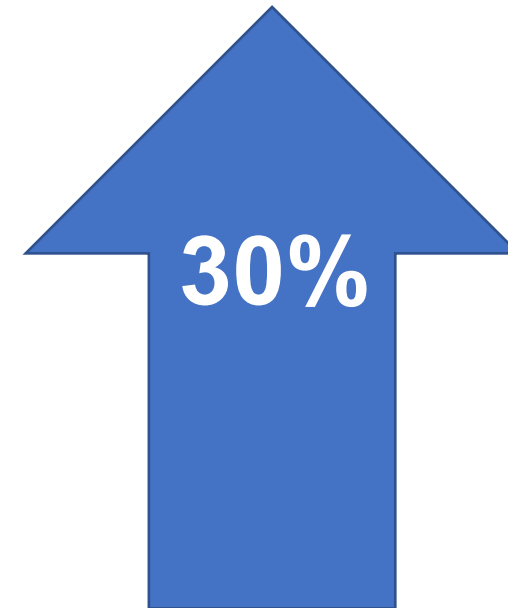
Source: <https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress>

What About Pandemic Substance Use?

Substance Use



Overdoses



Validate!

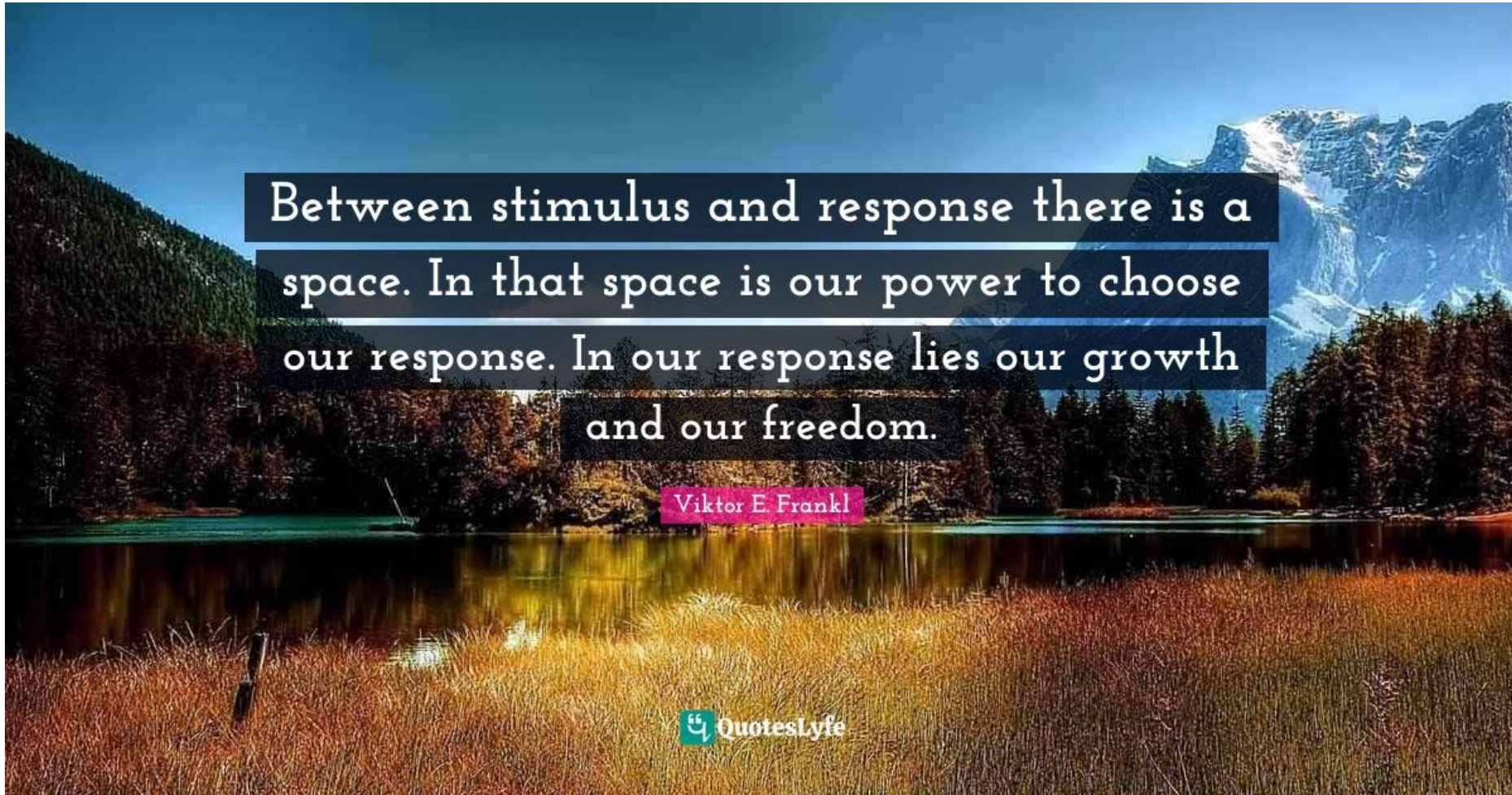
- Acknowledge and validate a person's feelings and perspectives
 - Mindful listening - really pay attention to what is being said
 - Acknowledge and accept
 - Validate does not equal agreeing
 - Show you understand

12 INVALIDATING COMMENTS TO AVOID:

Sara Kuburic, CCC; @millennial.therapist

- It's not that bad
- Stop worrying
- You're being too sensitive
- Chin up
- You should feel grateful for...
- Just let it go
- Other people have it worse
- There is no need for you to feel this way
- It's not bothering anyone else...
- You're exaggerating
- Calm down
- Don't think about it

Choosing How We Respond



Challenge Unhelpful Thinking

- **Name emotions**
- **What thoughts led to them**
- **Challenge thinking:**
 - Is this really always true?
 - Will these thoughts help me solve my problem or reach my goals?
 - Is there evidence that supports the beliefs I have? Even if it is true, do I have to be as angry/upset/fearful as I am?
 - Can I think differently about this?
 - Who can help me think this through?
 - Am I caught up in worrying about the future instead of staying in the present moment?



<https://drugfree.org/article/coping-fear-anger/>

Teach Breath Work

Four Square Breathing

