



DEVELOPMENTAL
ASSOCIATES LLC

Managing Stress During COVID-19: Working and Living Better in Uncertain Times

UNC School of Government's 'Leadership Amid Crisis' series
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Brain cells create ideas. Stress kills
brain cells. Stress is not a good idea

— *Arthur Frederick Saunders* —

AZ QUOTES

The opposite of stress is death. -- Hans Selye --

*There cannot be a crisis next week. My calendar is
already full. --- Henry Kissinger ---*

STRESS and STRESS TOLERANCE

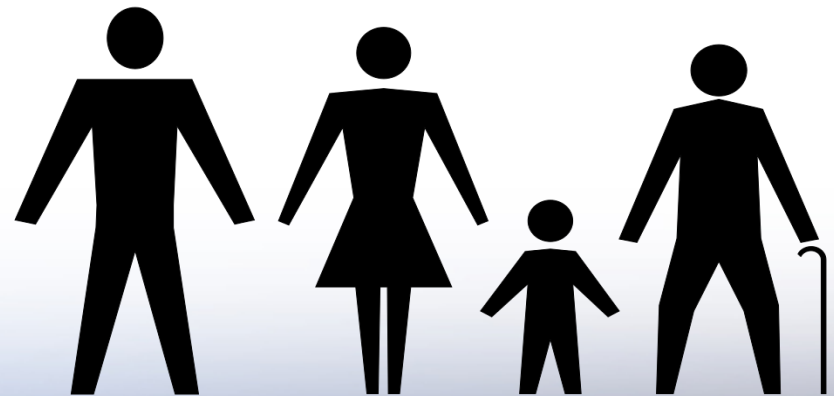
- Stress(ors)- Any **demand** made on us
 - Positive- go out to eat
 - Negative – deal with conflict
- Stress Tolerance:
Ability to withstand adverse events and conditions without “falling apart”



Managing Your Reactions to Stress During COVID-19

Analyze **WHY** It's A **Threat!**

Deploy **Resources**



COPING: ANALYZE THE THREAT

- **ASK:** Why or how does this event threaten me?
(e.g., lack of time, skills, support)
- **DETERMINE:** Am I over-reacting?
- ✓ Ask: What is likely to happen (instead of imagining the worst possible).
- ✓ Apply the 10-10-10 Rule:
 - Will this stressor still exist in 10 hours, 10 days, 10 weeks, 10 months, 10 years?
 - Then, make sure your level of reaction matches the severity of the stressor.



COPING: USE YOUR **RESOURCES!**

- **Time** – tips for working at home
- **Money** – what can I buy that will help?
- **Social Support** – Who can I talk to? How can my family help?
- **Expertise Support** – What can I delegate? Who can contribute knowledge or time?
- **Planning Ahead** – Expect challenges! Tips for working at home



Short Term and Long-Term Coping Strategies

IN THE MOMENT- NOW!

- Reframe the situation
- Take a 5-minute walk
- Stretch for 5 minutes
- Do mindfulness for 5 minutes
- Deep breathing
- Use the 10-10-10 approach
- Do 25-50 jumping jacks!
Physical activity calms the body.

LONG-TERM: PROTECT YOUR HEALTH

- Sleep/nap
- Diet
- Exercise
- Meditation/Prayer
- Social Support/Friends

