



Reshaping Today's Workforce

AMCMS

MOORE COUNSELING &
MEDIATION SERVICES, INC.

CONSTRUCTING A LIFE IN TUMULTUOUS TIMES

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LAYING THE FOUNDATION



BE MINDFUL OF NEWS CONSUMPTION

- Limit News Consumption
 - Determine in advance when to check-in on news
 - Don't become "hooked" on continuous updates
 - Choose one or two **reliable** news sources:
 - [Center for Disease Control & Prevention](#)
 - [State of Ohio Updates](#)

TAKE CARE OF YOURSELF

- Body:
 - Eat balanced, healthy meals on a regular schedule
 - Limit “comforting” junk foods-sweets, chips
 - Drink water-Eight, 8 ounce glasses every day
 - Limit soft drinks, alcohol and caffeine
 - Sleep deeply for 7 to 9 hours per night
 - Limit screen time (TV, iPad, phone, computer) at least one hour before bedtime
 - Move regularly-establish an at home workout routine
 - [Virtual Workouts](#)

- Mind:

- Learn something new

- Free online courses-[Harvard](#) [Cleveland Public Library](#)

- Read—the books you have been putting aside until you have the time

- If you need suggestions-[Adult Reading Guides](#)

- Learn/Practice a new skill

- Knitting, chess, bridge, puzzles, word games

- Spirit:

- Initiate/Develop/Enhance a spiritual practice

- [World Community of Christian Meditation](#)

- [Ignatian Spirituality Online](#)

- [Jewish Spirituality](#)

- [Developing Spiritual Wellness](#)

- Connect with a “virtual parish” [Vatican Online](#)

- Engage in prayer

- Nature as sanctuary

- Take a walk

- Stop, listen, immerse yourself

CONNECT!

- Establish regular check-in times with loved ones
- Social distancing doesn't mean self-isolation
 - Phone -- especially facetime
 - Email – establish an email chain of friends, co-workers
 - Online Meetups – Zoom, Google Hangout
 - Facebook – Can be helpful as a way to connect
- Writing – An “old-fashioned” but powerful means of connection

BEGINNING TO BUILD

The background is a gradient of blue, transitioning from a lighter teal at the top to a darker blue at the bottom. It features several faint, white technical diagrams. On the right side, there are two large circular diagrams. The upper one is a complex gauge or scale with concentric circles and numerical markings (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200). The lower one is a circular diagram with concentric circles and arrows indicating a clockwise direction. On the left side, there are smaller circular diagrams, including one with a dashed arrow pointing left and another with a solid arrow pointing right.

ESTABLISH A ROUTINE/SCHEDULE

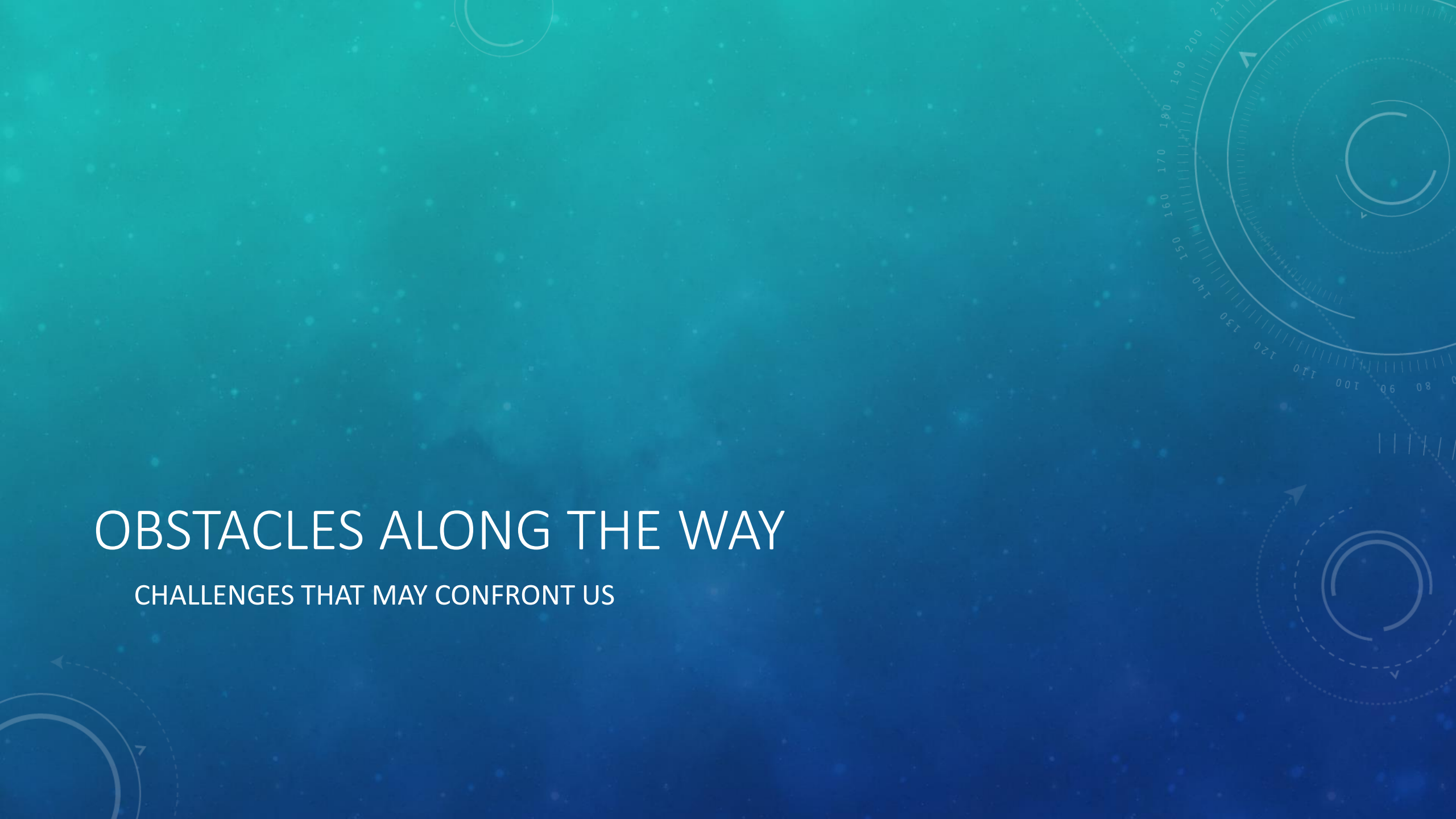
- Human beings thrive when they can relax into a well-thought out routine.
 - Adhere to the schedule—however,
 - Don't beat yourself up if you choose to change the schedule
- The schedule is your “recipe” for the day
 - Build your schedule from the components of your foundation:
News limit, Care of self, Connect with others

INCORPORATE “RITUALS”

- Rituals serve many functions:
 - Pre-existing religious rituals connect us with a higher power; connect us with a religious community; provide us with continuity in the midst of change
 - Home based rituals provide a sense of stability, can be islands of refuge in the midst of change
 - Whether done alone or in the community of the family, rituals serve to calm the inner storm of stress and uncertainty

OBSTACLES ALONG THE WAY

CHALLENGES THAT MAY CONFRONT US



CAREGIVER OBSTACLES

- Don't let being a caregiver stop you from constructing a well-balanced, healthy life
 - If currently caring for others
 - Remember self-care.
 - Burnout doesn't help anyone.
 - Sacrificing yourself for others means you might not be there when most needed
 - If a caregiver in an enforced "time out"
 - Use this time to re-energize
 - Develop new caregiver skills

LEADER OBSTACLES

- If currently acting as a leader:
 - Recognize that no one has all the answers
 - Accept that change is the order of the day
 - Realize control of circumstances is not possible
 - Adjust your expectations
- If you are a leader in an enforced “time out”
 - Use the time to develop your introspective, quiet side
 - Focus on the future: Brainstorm ideas, approaches when the crisis has passed.

EXTRAVERT OBSTACLES

- Social distancing will be challenging
 - Find new ways to connect and express your desire for social interaction
- Spend time exploring other aspects of your personality
 - Keep a daily log of your thoughts
 - Record your dreams
 - Engage your artistic side
 - Learn to meditate

INTROVERT OBSTACLES

- Resist sinking into solitude
 - Establish ways to stay connected
 - Use online meet-ups to engage with others
- Engage with your extraverted friends
 - Help others learn to spend time alone
 - Share what you value about aloneness and how it differs from loneliness

IF HELP IS NEEDED

- Reach out
 - Moore Counseling and Mediation Services: 216-404-1900
 - Your primary care physician
 - Clergy, spiritual caregivers
 - Family
 - Friends

REMEMBER

- “All shall be well, and all shall be well and all manner of thing shall be well.”
- — **St. Juliana of Norwich**

The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness
comes as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,

still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and
invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Jellaludin Rumi, Sufi Poet

WELLNESS POINTS

- **Question: What activities have you participated in to help foster a positive space in these tumultuous times?**
- Please send response to eap@moorecounseling.com to receive wellness points, if you have been requested to show proof of participating in this webinar. Also, remember to include your name and name of employer in the email. Thank you for participating!

QUESTIONS:
USE CHAT ROOM

MORE PERSONAL:
SEND AN EMAIL TO
EAP@MOORECOUNSELING.COM



THANK YOU!

For more information, please feel free to contact
Moore Counseling & Mediation Services, Inc.
EAP department at (216) 404-1900 or email us at
eap@moorecounseling.com



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