

POSITIVE ACTIVITIES *FOR* COPING DURING *THE* COVID-19 PANDEMIC

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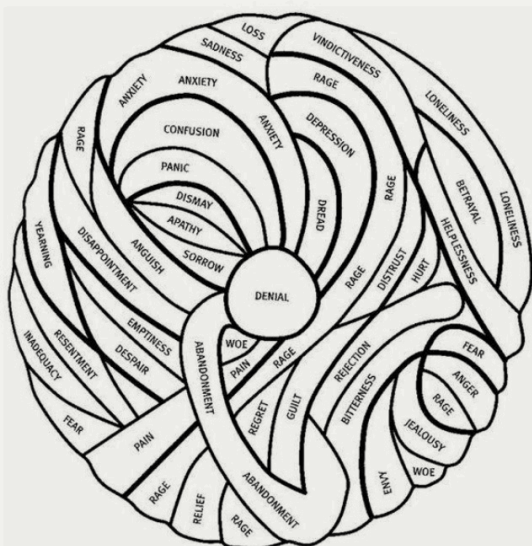
Here is an exercise to help you identify what you are feeling right now:

[exercise link](#)

grief

Probably everyone is feeling some aspect of grief right now. Here are some links to articles and grief resources. Right now, therapy is more accessible than it ever has been as insurance has now embraced tele-mental health, with some policies waiving co-pays and cost sharing during the next few months.

Grief can involve many conflicting and confusing emotions. The image below can be a helpful tool in sorting out what you are experiencing. The image can be used by coloring in what you are feeling on a particular day.



[grief resources](#)

[resource one](#)

[resource two](#)

[resource three](#)

[resource four](#)

[resource five](#)

[grief —](#)

a tangled ball
of emotion

from
H. Norman
Wright

loneliness strategies

[resource one](#)

[resource two](#)

[resource three](#)

[resource four](#)

[resource five](#)

coping strategies

[financial anxiety podcast](#)

[exercise for dealing with overeating](#)

[establishing new routines with kids & work](#)

[using awe as a coping strategy](#)

[using mindfulness and christian](#)

helpful mindfulness apps

The reviews across articles are fairly consistent.

This is representative:

[review resource link](#)

To help with insomnia:

CBT-I Coach – This app is free and also has several helpful guides for relaxation techniques

mental health enhancing wearables with phone apps

muse —

Right now there is a Mother's Day sale. In addition an additional 15% discount is applied at checkout if this link is used for the purchase:

[muse link](#)

muse 2 —

A multi-sensor meditation device that provides real-time feedback on your brain activity, heart rate, breathing, and body movements to help you build a consistent meditation practice. The app has several strategies to keep the user engaged and motivated over time. The feedback is helpful for beginners who are unsure about how to meditate. There is also a subscription available for an extensive library of guided meditations and courses.

muse s —

Allows users to seamlessly go from daytime use into bedtime prep with Go-to-Sleep Journeys. Responsive meditation journeys that combine real-time biofeedback with soothing voice guidance for Go-to-Sleep support. It has all the features of the MUSE 2.

mental health enhancing wearables with phone apps

inner balance –

Bluetooth models available for both Android and iOS

The Inner Balance technology trains us to self-generate a highly efficient physiological state called HRV coherence, which helps us increase emotional composure and clearer reasoning. Recommended by health professionals worldwide, HRV coherence training has been associated with many health and performance benefits. A few minutes of daily coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout.

spire –

These devices monitor breathing patterns and the app offers some meditation and calming guidance. It provides feedback to help increase mindful awareness. Right now the devices are sold out on the manufacturers web site. The Spire stone is no longer manufactured but available used on ebay for about \$30. Spire tags are attached to clothing and survive being washed and to not require charging. They can also be obtained through ebay. More information is available at their web site:

[spire link](#)

mental health enhancing wearables with phone apps

Extra help for Sleep –

CES devices–Cranial Electro Stimulation devices

alpha stim –

an FDA approved device to help reduce anxiety, depression, and insomnia. It has been on the market for over 35 years. It requires a written order from a licensed mental health professional and costs about \$800. They are willing to help get reimbursement from insurance. I have been recommending this for several years and have most people reporting a good night sleep after a single use. It should not be used by people with implanted electronic devices like pacemakers or during pregnancy.

[alpha stim
online brochure](#)

zen of sleep—

Sells the CES Max, which cost about 25% of an Alpha-stim, and I have had some clients report that it helps. It does not require an order from a mental health professional.

[zen of sleep](#)

virtual activities

tours of museums, zoos, and theme parks:

[virtual tour link](#)

garden tours:

[garden tour one](#)

[garden tour two](#)

wildlife cams:

[wildlife cam link](#)

free higher education:

[educational podcasts](#)

[coursera](#)

humor — take advantage of YouTube and TikTok to find videos that appeal to your sense of humor.

physical self-care

healthy diet for corona

[the purist online](#)

free exercise app

[best free workout apps](#)

self-awareness building

Explore your character strengths through taking the Values in Action (VIA) assessment at:

[values in action test](#)

Try some of the strengths-based actions to connect from a safe distance at:

[safe distance actions](#)

tips for couples from northwestern family institute

Here are some tips that might help your relationship keep its balance:

- Quarantine during the quarantine. To the extent that your space allows, agree to spend time apart. Take solo walks that you turn into visual and auditory adventures so that you have stories to share when you return.
- Relive happy times by thumbing together — or scrolling — through photo collections. Reminisce about past adventures and cherished milestones.
- Undertake joint projects: online language or cooking class, sharing podcasts or surfing the endless resource of YouTube. Laugh together at timeless TV sitcoms (e.g., I Love Lucy, The Carol Burnett Show, etc.)
- Enlist a trusted friend — select a good listener — for occasional venting sessions (“He/she is driving me crazy!”) as a kind of boil lancing to discharge safely what needs to be let go.
- If you share the requisite communication skills, chat about what’s hard in so much closeness. Let kindness and compassion — toward one another and toward self — guide your words.

tips for couples from northwestern family institute

- Reduce your isolation: invite others to “share” happy hour or teatime using Zoom or other video platforms.
- Share your grief: it will bring you closer. Take turns (as speaker, as listener) identifying your many losses: routines and structure, contacts with friends and family, financial setbacks, freedom of movement, life without fear of a microscopic enemy, the certainty that loved ones will be fine
- Get to know each other better: share untold stories from your pasts...secrets, fantasies and dreams you’ve kept private...the best and worst memories of childhood.
- If you sense you’re teetering at the edge, consider couples counseling via teletherapy. It can restore some balance, especially if either of you harbored significant hurts and resentments going into the pandemic — a high-risk situation now.
- And if all else fails, consider this recent tip from The New Yorker: “Take a break every afternoon to meet in the living room for a snack and some light screaming.”

movies with positive messages recommended by psychologists

About Time

Harriet

Unbroken

Apollo 13

Men of Honor

Castaway

The Martian

Hidden Figures

Remember the Titans

Empire of the Sun (1987)

Great Expectations (1946)

The Pursuit of Happyness (2006)

Queen of the Desert (2015)

Mr. Smith Goes to Washington (1939)

Field of Dreams (1989)

Stand by Me (1986)

Oliver Twist (1948)

Life is Beautiful (Creativity)

Mongolian Ping-Pong (Curiosity)

The Terminal (Open-Mindedness)

Akeelah and the Bee (Love of Learning)

Life as a House (Perspective)

movies with positive messages recommended by psychologists

courage

Hotel Rwanda (Bravery)

Dead Poet's Society (Integrity)

The Pursuit of Happyness (Persistence)

Cool Hand Luke (Vitality)

humanity

Away From Her (Love)

Amelie (Kindness)

Don't Come Knocking (Social Intelligence)

justice

Paperclips (Citizenship/Teamwork)

12 Angry Men (Fairness)

Gandhi (Leadership)

temperance

The Straight Story (Forgiveness)

10 Questions for the Dalai Lama (Humility/Modesty)

Driving Miss Daisy (Prudence)

Mishima: A Life in Four Chapters (Self-regulation)

movies with positive messages recommended by psychologists

transcendence

American Beauty (Appreciation of Beauty)

It's a Wonderful Life (Gratitude)

The Prize Winner of Defiance Ohio (Hope/Optimism)

Zorba the Greek (Humor)

The Wizard of Oz (Spirituality/meaning)



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