

COPING WITH STRESS AND DEVELOPING RESILIENCE DURING COVID-19

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Lifelong Learners

OBJECTIVES

- **Discuss current state of Coronavirus.**
- **Define stress and identify common daily stressors.**
- **Identify signs and symptoms of stress.**
- **Discuss different coping strategies.**
- **Identify ways to build resilience.**

ICE BREAKER

Ask yourself,
“How am I really doing?”

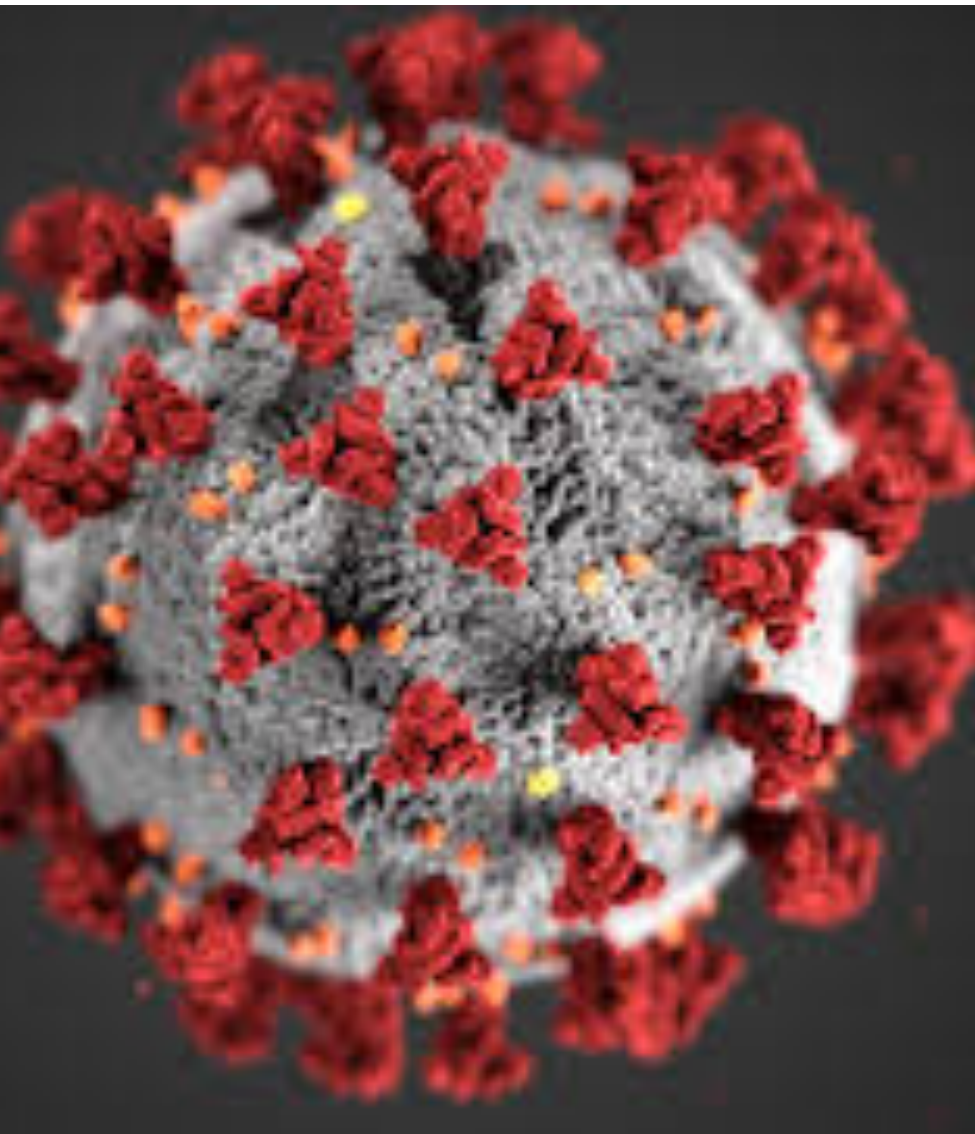


YEAR OF THE
NURSE

2020 

LEAD • INNOVATE • EXCEL





CORONAVIRUS (COVID-19) PANDEMIC

COVID-19 GLOBAL STATISTICS

Confirmed cases: 42,512,186

Confirmed deaths: 1,147,301

**Countries, areas or territories
with cases: 218**

World Health Organization, October 25, 2020



COVID-19 US STATISTICS

Confirmed cases: 8,553,827

Total deaths: 224,221

CDC, October 25, 2020

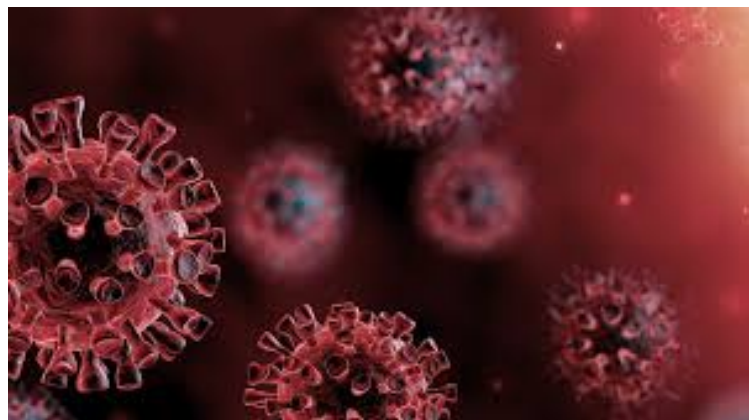


NURSES AND THE PANDEMIC

WHAT IS STRESS?

- Stress is what you feel when you are worried or overwhelmed.
- Stress causes both physical and emotional symptoms.
- Stress appraisal

WHAT CAUSES STRESS?



ADDITIONAL SOURCES OF STRESS

- **PPE**
- **Work environment**
- **Work-Life Balance**
- **Employment changes**
- **Changes in daily routines**
- **Discrimination**
- **Fear**
- **Technology**

SIGNS AND SYMPTOMS OF STRESS

Stress Warning Signs and Symptoms	
Cognitive Symptoms <ul style="list-style-type: none">■ Memory problems■ Inability to concentrate■ Poor judgment■ Seeing only the negative■ Anxious or racing thoughts■ Constant worrying	Emotional Symptoms <ul style="list-style-type: none">■ Moodiness■ Irritability or short temper■ Agitation, inability to relax■ Feeling overwhelmed■ Sense of loneliness and isolation■ Depression or general unhappiness
Physical Symptoms <ul style="list-style-type: none">■ Aches and pains■ Diarrhea or constipation■ Nausea, dizziness■ Chest pain, rapid heartbeat■ Loss of sex drive■ Frequent colds	Behavioral Symptoms <ul style="list-style-type: none">■ Eating more or less■ Sleeping too much or too little■ Isolating yourself from others■ Procrastinating or neglecting responsibilities■ Using alcohol, cigarettes, or drugs to relax■ Nervous habits (e.g. nail biting, pacing)

COPING STRATEGIES

Physiological

- Controlled Breathing
- Relaxation
- Diet and Exercise
- Sleep Management
- Environmental Change

Cognitive/Emotional

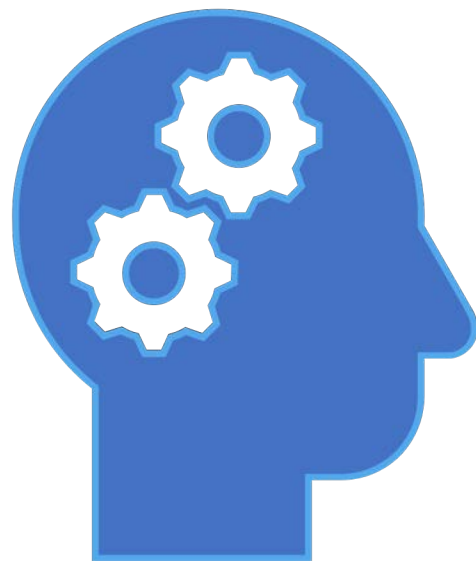
- Challenging Thinking
- Controlling Emotions
- Positive Thinking
- Self Awareness

Behavioral

- Time Management
- Acting Relaxed
- Assertiveness
- Working with Others
- Changing behavior

- **Familial coping**
- **Faith-based coping**
- **Forbearance and Contentment**
- **Affirming Nursing profession**
- **Escape and Avoidance**

FILIPINO AND FIL-AMERICAN COPING SEEN IN NURSING



RESILIENCE

Ability to withstand or recover from difficult situations



SELF-CARE EXERCISE

1. Take time to write 2-3 ways you will change your lifestyle to reduce stress.
2. What is something you can do today/this week?
3. What are you grateful for?