
MANAGING OUR EMOTIONS DURING UNCERTAIN TIMES: COVID-19

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ACTIVITY

EATING

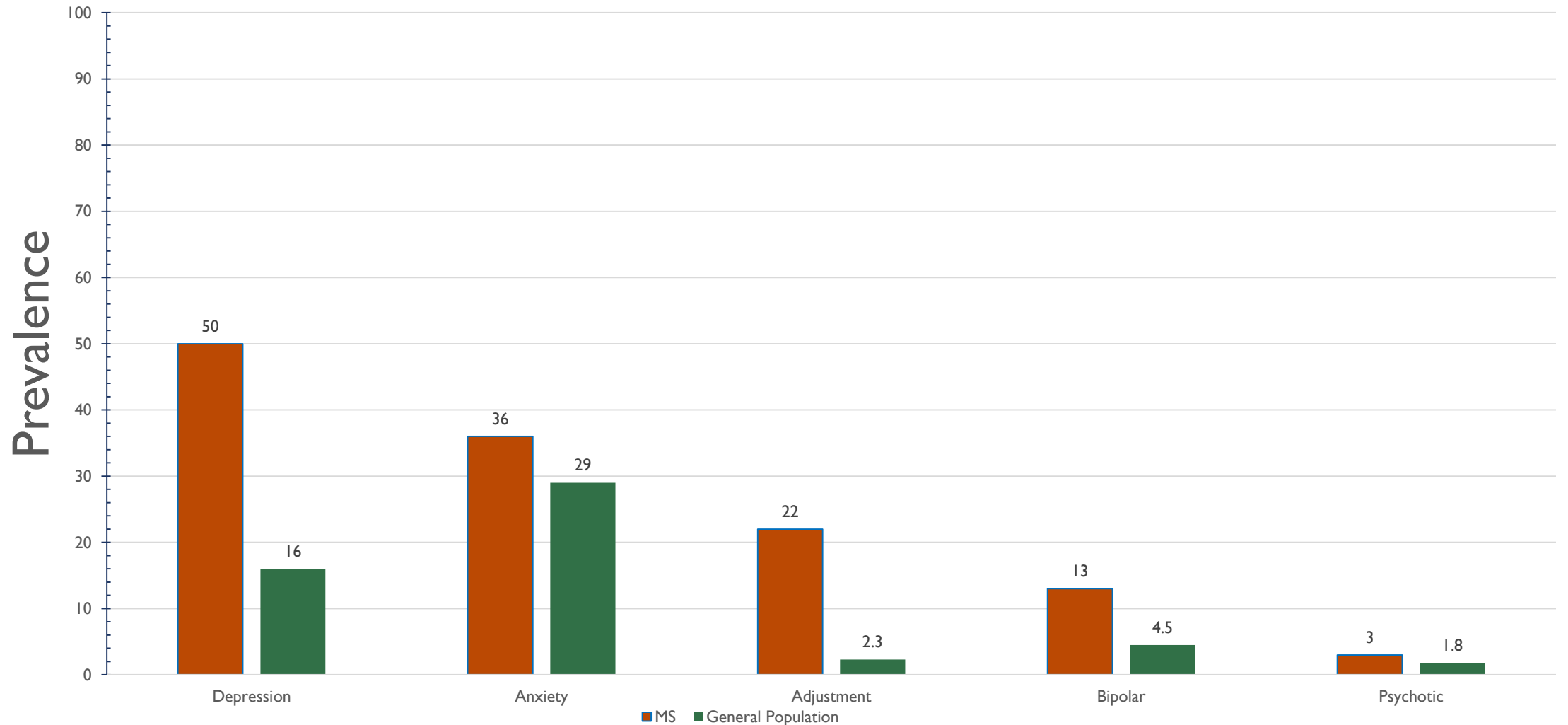
REST



RECOGNIZING MOOD/STRESS/ANXIETY SYMPTOMS



MENTAL HEALTH PREVALENCE RATES IN MS VS. GENERAL POPULATION



EMOTIONAL HEALTH DURING A PANDEMIC

- Waves of Emotion
- Uncertainty
- Influx of information
- Social Distancing
- Isolation/Loneliness
- Economic Uncertainty

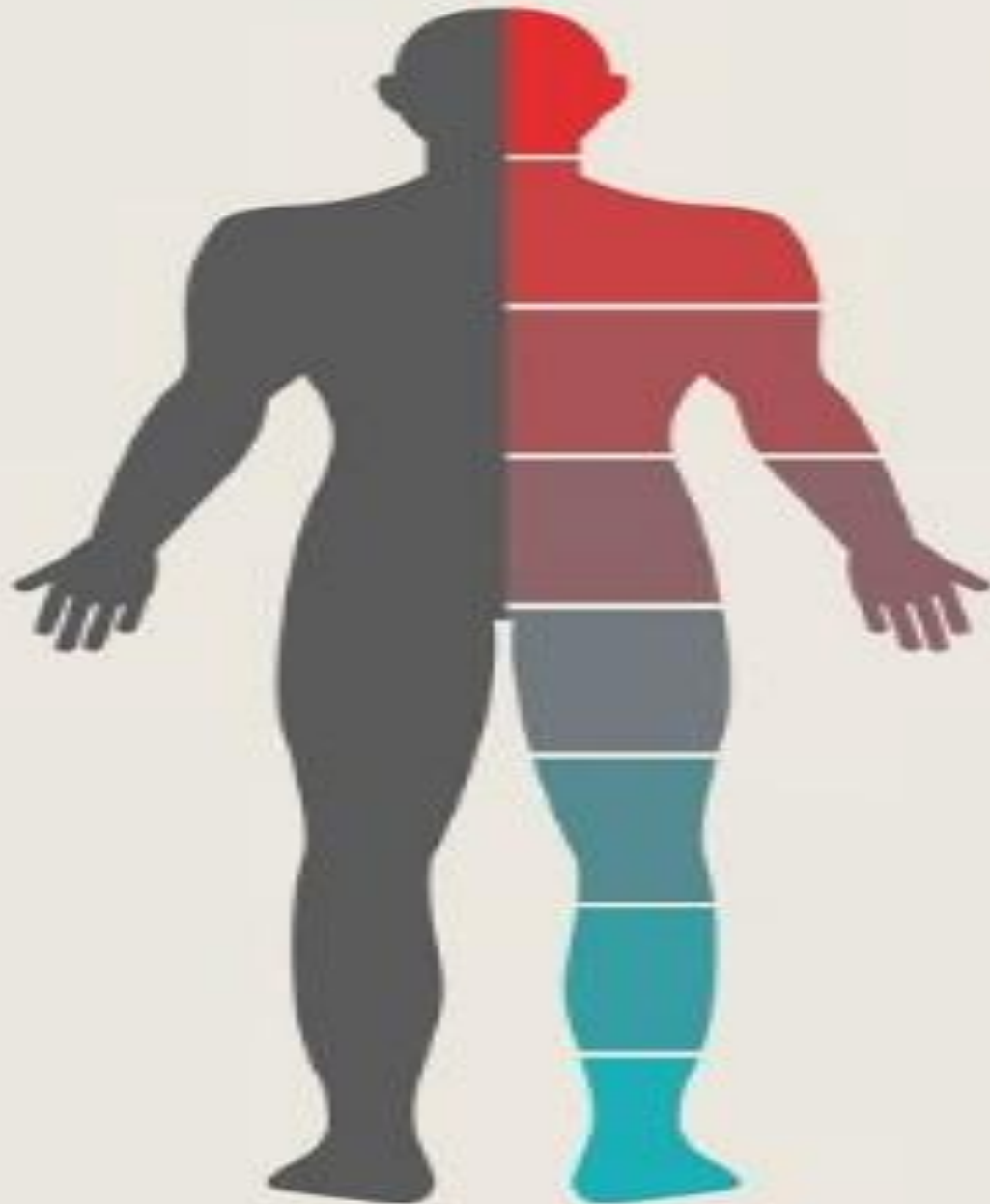
- Decrease in:
 - Wellbeing
 - Psychological Health

- Increase in:
 - Uncertainty
 - Depression
 - Anxiety
 - Stress

MENTAL HEALTH ISSUES ADD TO THE BURDEN OF MS, IMPACTING:

- Mood
- Relationships
- Function
- Quality of life (QoL)
- Medication adherence and decision making
- Suicidal ideation

The effects of stress on the body



Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack



In the immune system, there is reduced ability to fight and recover from illness



Stomach cramps, reflux, and nausea



Loss of libido, lower sperm production for men, and increased period pain for women



Aches and pains in the joint and muscles



Lower bone density

SEEK PROFESSIONAL HELP WHEN:

- Loss of interest
- Mood impacts everyday activities
- Function/QOL/Relationships impacted
- Suicidal ideation



TREATMENT CONSIDERATIONS

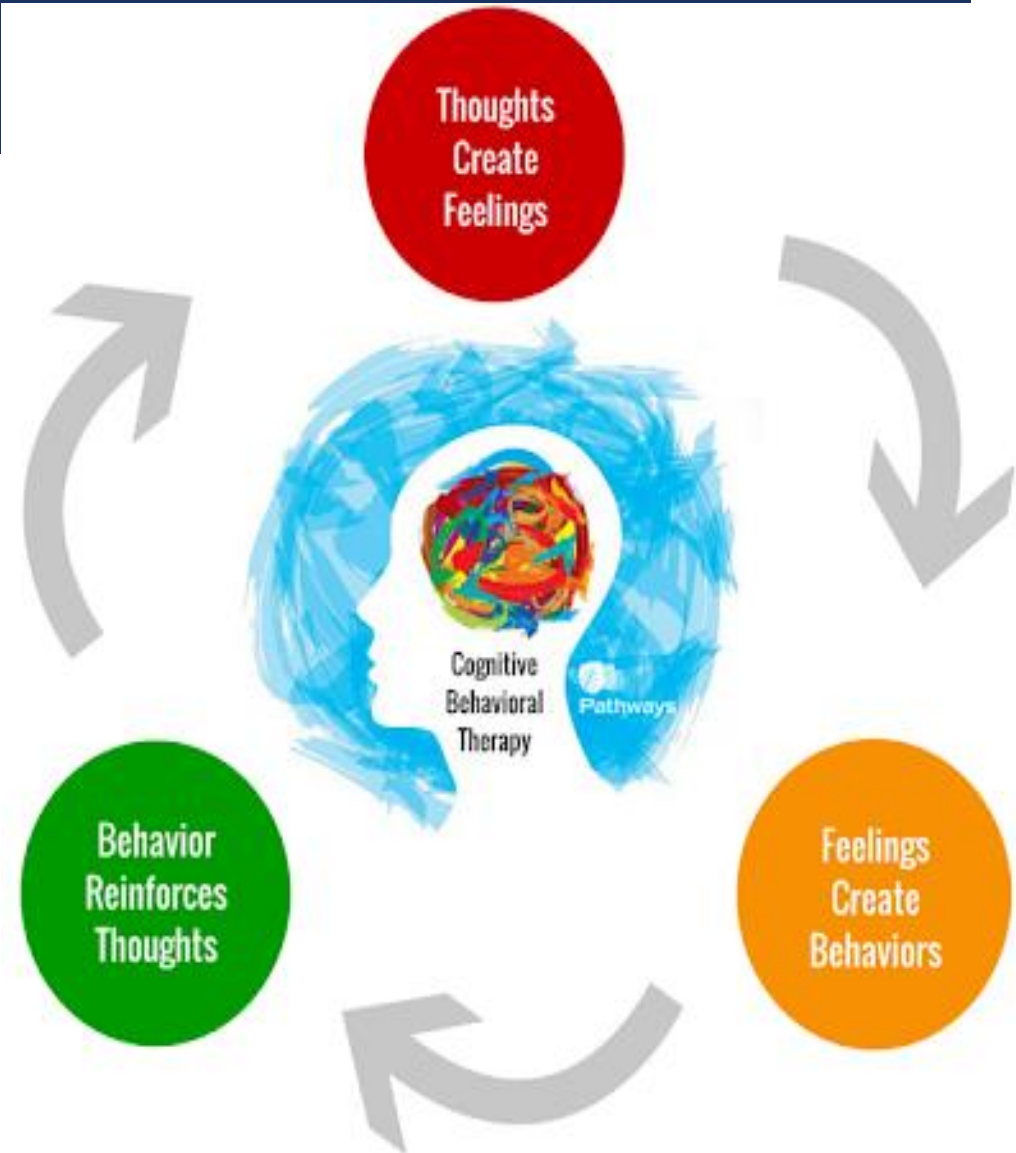


BEHAVIORAL MEDICINE TREATMENTS

- Psychosocial
 - CBT (Cognitive Behavioral Therapy)
 - Understand the connection between thoughts and mood
 - Grief/ Acceptance/ Adaptation Model (Kubler Ross)
 - Acceptance and adaptation of stages of disease
 - Behavioral Therapy
 - Group Therapy- Supportive, Interpersonal
 - Make use of community supports (Societies, FB groups, etc...)

COGNITIVE BEHAVIORAL THERAPY CBT

- **Cognitive behavior therapy (CBT)**
 - Focuses on the relationship between thoughts, emotions and behaviors, emotions and the interaction of them all on mood
 - Relatively short treatment duration (6 to 16 weeks)
 - Different modes of delivery; can be delivered via tele-psychotherapy
 - Can incorporate relaxation, stress management, breathing, visualization and mindfulness-based interventions
 - Can also be delivered in a group format



PHARMACOTHERAPY CLASSES

SSRIs

- Recommended as first-line treatment for anxiety and depression
- Potential medication interactions
- Increased risk for liver problems w other meds
- ! May cause anxiety, GI symptoms, sexual dysfunction, insomnia, and/or tremors

SNRIs

- Recommended before the use of TCAs and MAOIs
- Potential medication interactions
 - Increased risk for liver problems
 - ! – May cause sedation, GI symptoms, urinary retention, and/or sexual dysfunction
 - Changes in blood pressure

Benzodiazepines

- Widely used due to fast onset of action and proven effectiveness
- May cause excessive daytime sedation and confusion
- ! ▪ Discontinuation should occur over several weeks to avoid withdrawal symptoms
- Can lead to dependence



5 RECOMMENDATIONS TO COPE WITH STRESS



I. WELLNESS IS IMPERATIVE

- Maintain a health diet
- Move or exercise regularly
- Routine
- Spirituality
- Well-being
- Sleep



2. TAKE A BREAK FROM MEDIA

- Disconnect from the media
- Stay informed from a trusted source 1, 30 minute block in am and 1, 30 minute block in pm
- Protect children and elderly from incorrect information
- Provide age-appropriate information to children



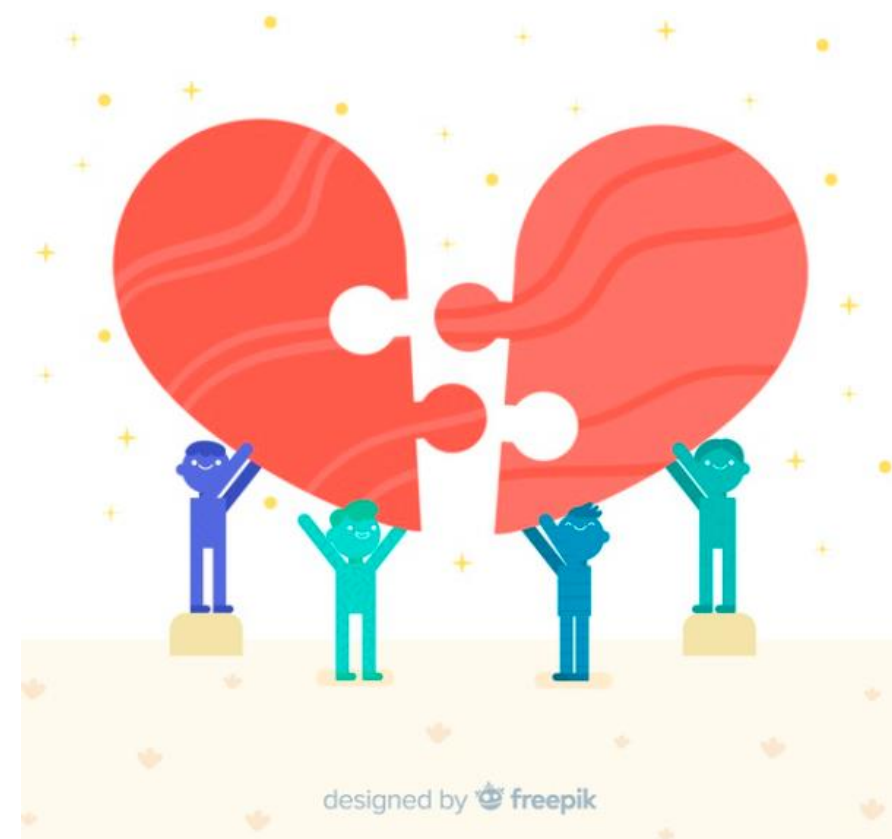
3. GET SLEEP AND REST/RECHARGE

- Don't watch news outlets within a 1 hour time-frame of going to bed
- Limit stimulants, alcohol and nicotine before bed
- Stay on your normal sleep/wake cycle
- If worries creep in and create insomnia → worry journal
- Wind down time with bedtime routine, bath, cup of tea



4. CONNECT WITH OTHERS

- Reach out to family, friends, colleagues
- Particularly those that we know are isolated
- Send a card, FaceTime, Skype, etc.
- Become creative in connecting



5. STRESS MANAGEMENT TECHNIQUES

- Breathing techniques
- Visualization
- Mindfulness meditation
- If necessary, seek mental health help if worries/anxiety, isolation, grief, depression become unmanageable
- Creativity in coping- projects, games, nature, learn, scavenger hunt, pets, etc.





MIND BODY CONNECTION







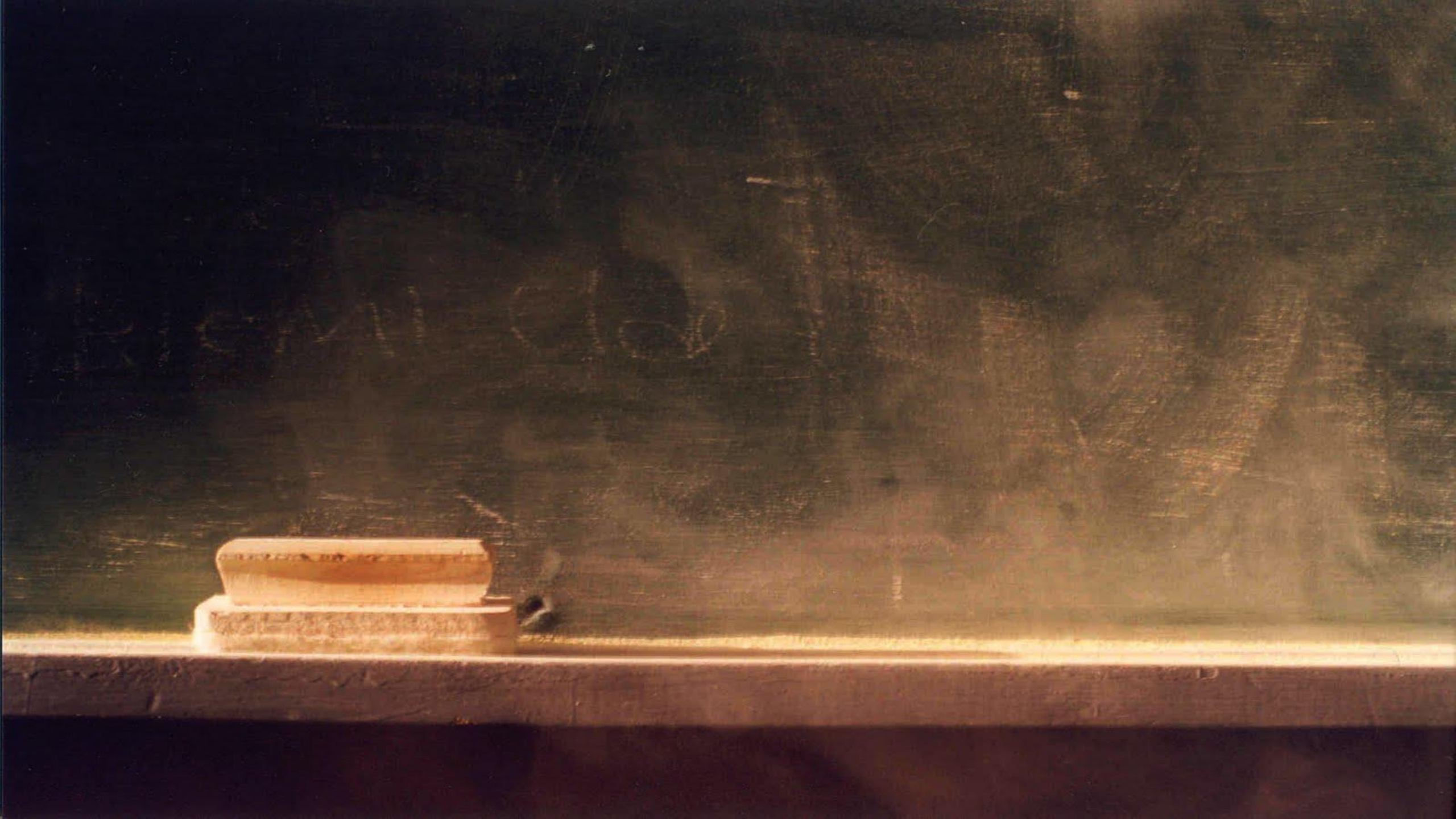


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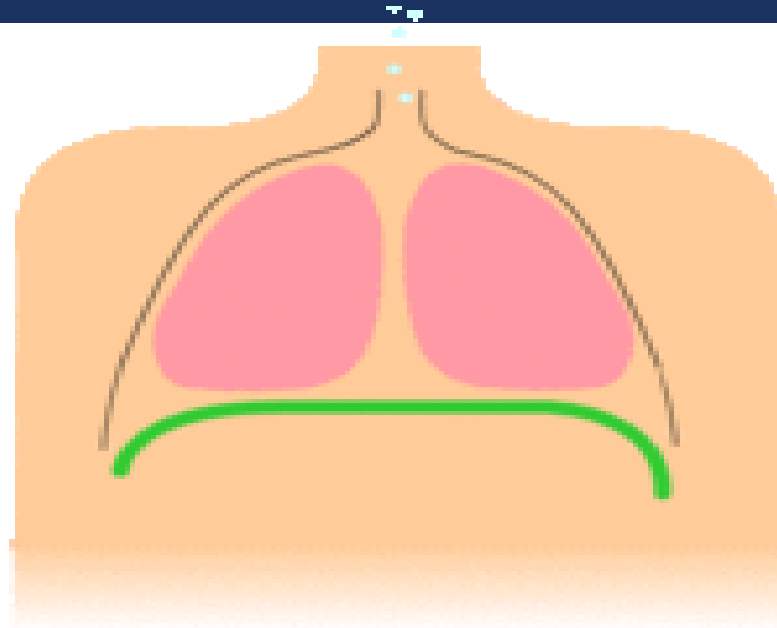


EXPERIMENT

EXPERIMENT

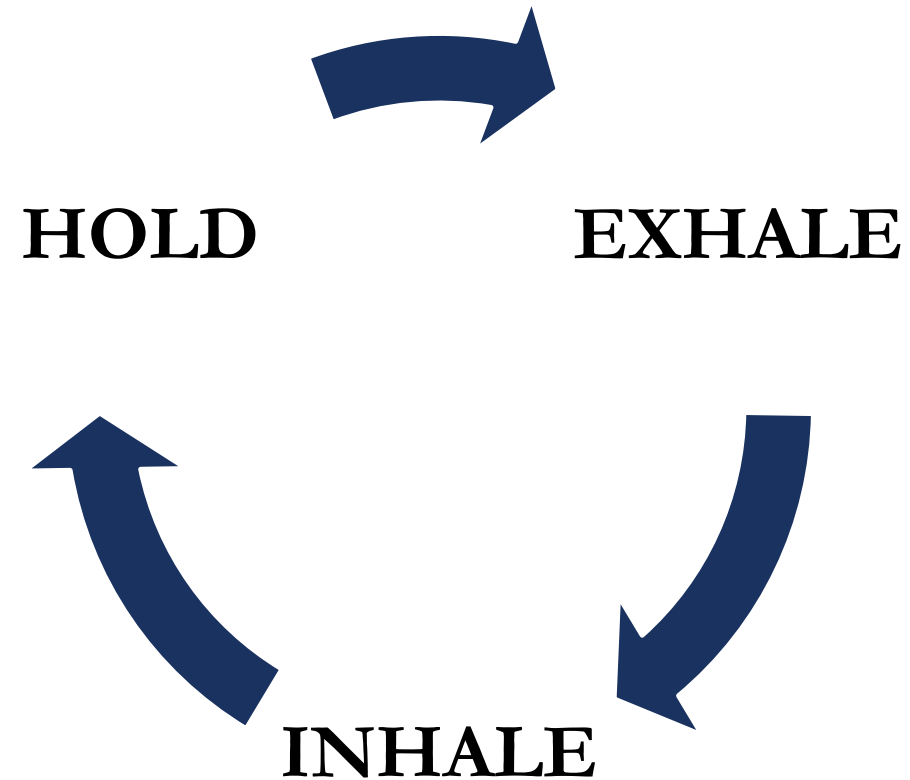
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DIAPHRAGMATIC BREATHING: EN.WIKIPEDIA.ORG- IMAGE SOURCE



- The diaphragm is a large muscle located between the chest and the abdomen.
- lymph nodes are located just below the diaphragm
- Stimulates relaxation response

CIRCULAR BREATHING





QUESTIONS

