



SURVIVING COVID-19 QUARANTINE THROUGH THE USE OF DBT

1. Most Important... Treat your vulnerabilities... helps you to create STRUCTURE!

- a. Treat physical illness** – wash your hands, take your temperature, cover your cough, follow shelter in place guidelines, take your prescribed medication at the same time each day
- b. Balanced Sleep** – try to remain on a consistent sleep schedule, aiming for at least 9 hours of sleep, remember sleep hygiene skills (see book for a review), **DO NOT BECOME NOCTURNAL**
- c. Avoid mood altering drugs** – don't do drugs – enough said
- d. Balanced eating** – eat throughout the day, make healthy choices that help you to fuel your body, be mindful, try new recipes, offer to cook a meal
- e. Exercise** – get outside and walk, run or bike – many yoga studios/gyms around PDX are doing live streams of classes for free

2. Other ABC skills....

- a. Accumulate positive experiences – build joy daily with intention, get creative**
 - i. Paint nails
 - ii. Watch YouTube
 - iii. Watch game tapes
 - iv. Listen to music
 - v. Watch TikTok (and definitely create some as well)
 - vi. Play video games with friends online
 - vii. Look at old photos, make a photo book online
 - viii. Paint, draw, color
 - ix. Rearrange your room
 - x. Play an instrument
 - xi. Get outside
 - xii. Have a dance party
 - xiii. Play video games
 - xiv. Podcasts (many mental health podcasts offering resources and helpful tips)
- b. Cope ahead – make sure you have planned ahead to be in your house for extended periods of time; plan to have games, books, puzzles**
- c. Build mastery – do one thing each day that brings the feeling of accomplishment....**
 - i. Clean one part of your room?
 - ii. Practice an instrument?
 - iii. Play a sport or train for the return to your sport?
 - iv. Draw?
 - v. Couch to 5K?
 - vi. Find a “how to” video of something you have been wanting to try

3. Create connection – find a way to create daily connection via Face Time or Zoom, write a letter to someone, make a phone call, text a friend, don't forget your grandparents.... don't underestimate the importance of this connection

4. Contributing – do one thing each day to contribute

- a. Paint rocks and put them around the neighborhood
- b. Make a thank you card for doctors, grocery store workers, your mail delivery people
- c. Help with a chore around the house
- d. Text a friend something you appreciate about them or their friendship
- e. Consider buying gift cards from stores or retailers who are suffering due to their business closing

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(CONTINUED, P2)

5. Check your facts – make sure you are responding to the facts of the situation. There can be a ton of rumors and misinformation on social media. Find reputable sources for checking facts.

- a. Center for Disease Control: <https://www.facebook.com/CDC>
- b. World Health Organization: <https://www.facebook.com/WHO>

6. Interpersonal Effectiveness Skills

- a. Remember people can't read your mind
- b. Conflicts may increase with family members as you spend more time together. Remember to balance your wants and needs with the wants and needs of others.
- c. Get out of the house – Go on a drive? A walk?
- d. Practice kindness and willingness- Google Loving Kindness Meditation
- e. Ask other for what you need during this time
 - i. If you need to hear less about COVID-19, tell people your needs
 - ii. If you need time alone, let others know
 - iii. Do not assume others can read your mind!!!
 - iv. Remember your parents are not your enemy... they are not putting these rules into place

7. Mindfulness

- a. **Apps** - Head space, calm, happify, insight timer, breathe – super helpful options during this pandemic (many offering additional sessions for free)
- b. Shoot for 5 minutes each day
- c. **Great creative with mindfulness** – what do you see, hear, feel, smell while on a walk; mindfully observe colors of cars passing; listen to music and pick on one instrument or one voice; try to balance an uncooked egg upright on your table
- d. **Try to find ways to fully participate and engage** – YouTube – The Greatest Showman Featurette Hugh Jackman and/or Mashable Entertainment Dear Evan Cast Home Performance (great example of full participation)
- e. **Group/family examples** – question games, animal game, alphabet game

8. Radical Acceptance: This skill was made for this quarantine. Radical acceptance means to completely and totally accept the situation as it is, acknowledging that the situation and your feelings about it are what they are... turn your mind towards willingness. This is a choice. Acceptance helps to turn suffering into pain you can tolerate.

- a. Practice acceptance daily with open hands, half smile, willingness
- b. Headspace and Calm both have sections for practicing acceptance and both have expanded their free versions to include more practices during this time
- c. Be aware of fighting reality (example – “I can't stand this”, “It's not fair”) – Use your body to help you accept, willing hands and breathing...Everything is as it is....repeat this over and over....
- d. Tara Brach has many resources on line and great books on the topic

Answer these questions daily...

- What will I do for my brain/mind today (reading, school work)?
- What will I do for my body today (exercise, stretching, moving)?
- What will I do for someone else today (contributing, chores)?
- How will I practice mindfulness today?
- What is one way to build mastery (to help me feel effective, self-confident)?
- How will I connect today?