

# Overcoming Pandemic Paralysis

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## **Stay Calm and Well**

### ***Part IV***

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



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*Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life*

# Skills Building - Week #1

- 6 Evidence-Based Tips for Healthy Aging

**1. Eat & Drink Healthy**



**2. Move More, Sit Less**



**3. Don't Use Tobacco**



**4. Get Regular Checkups**



**5. Know Your Family History**



**6. Be Aware of Changes in Brain Health**



<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>



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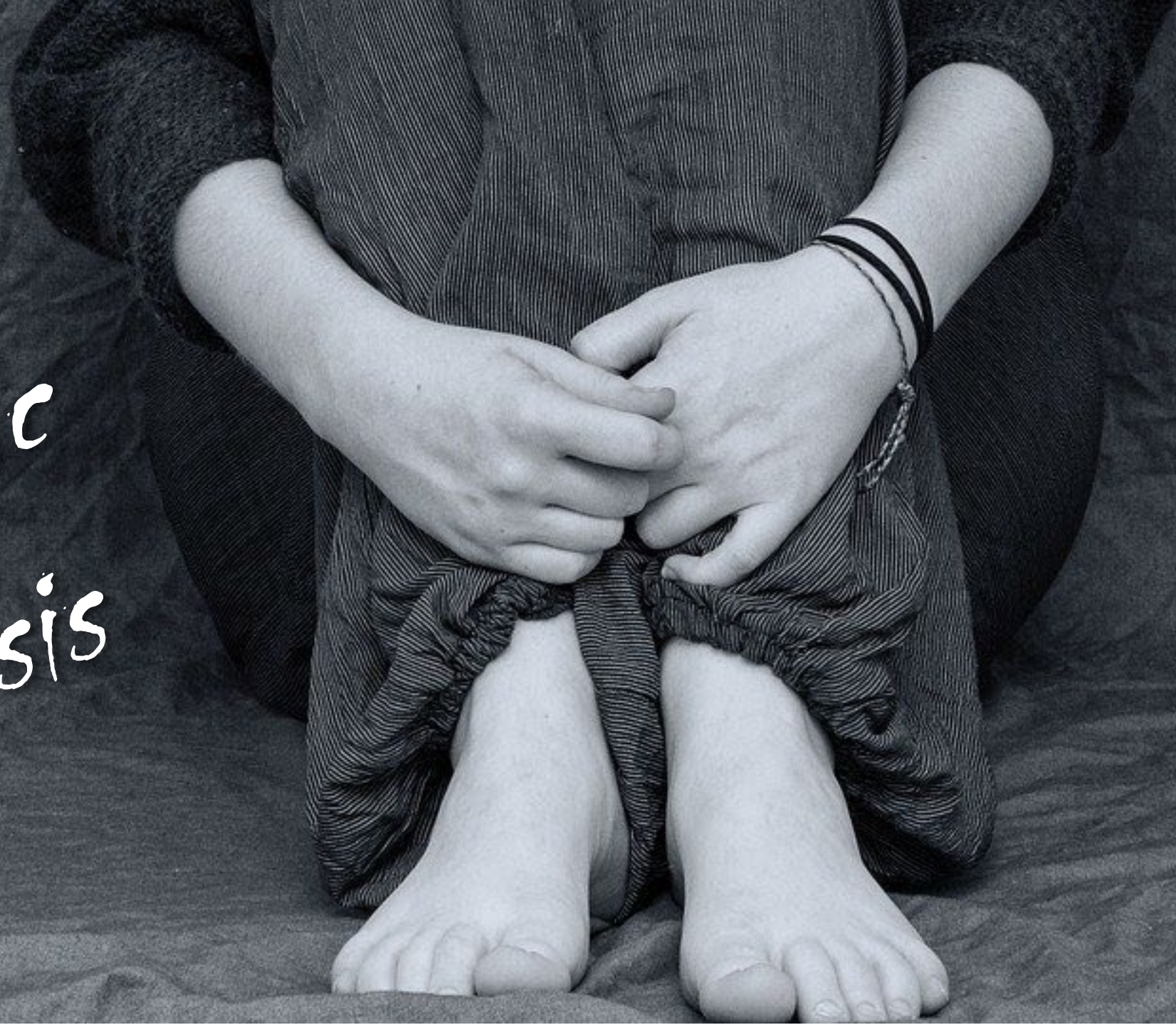
# Learning Objectives:

- Identify state of pandemic paralysis
- Learn tips for overcoming pandemic paralysis
  - Start with what you CAN do
  - Solution-focused thinking
  - Chunk your time
  - Deal with your emotions
  - Find your purpose
- Set a SMART goal to build momentum





# Pandemic Paralysis







“The best way out is always through.”

~ *Robert Frost*

# **Start with what you CAN do... what is within your control?**

- Your mind and body
- Your immediate environment
- The information you take in
- How you prepare
- How you protect yourself
- How you protect others



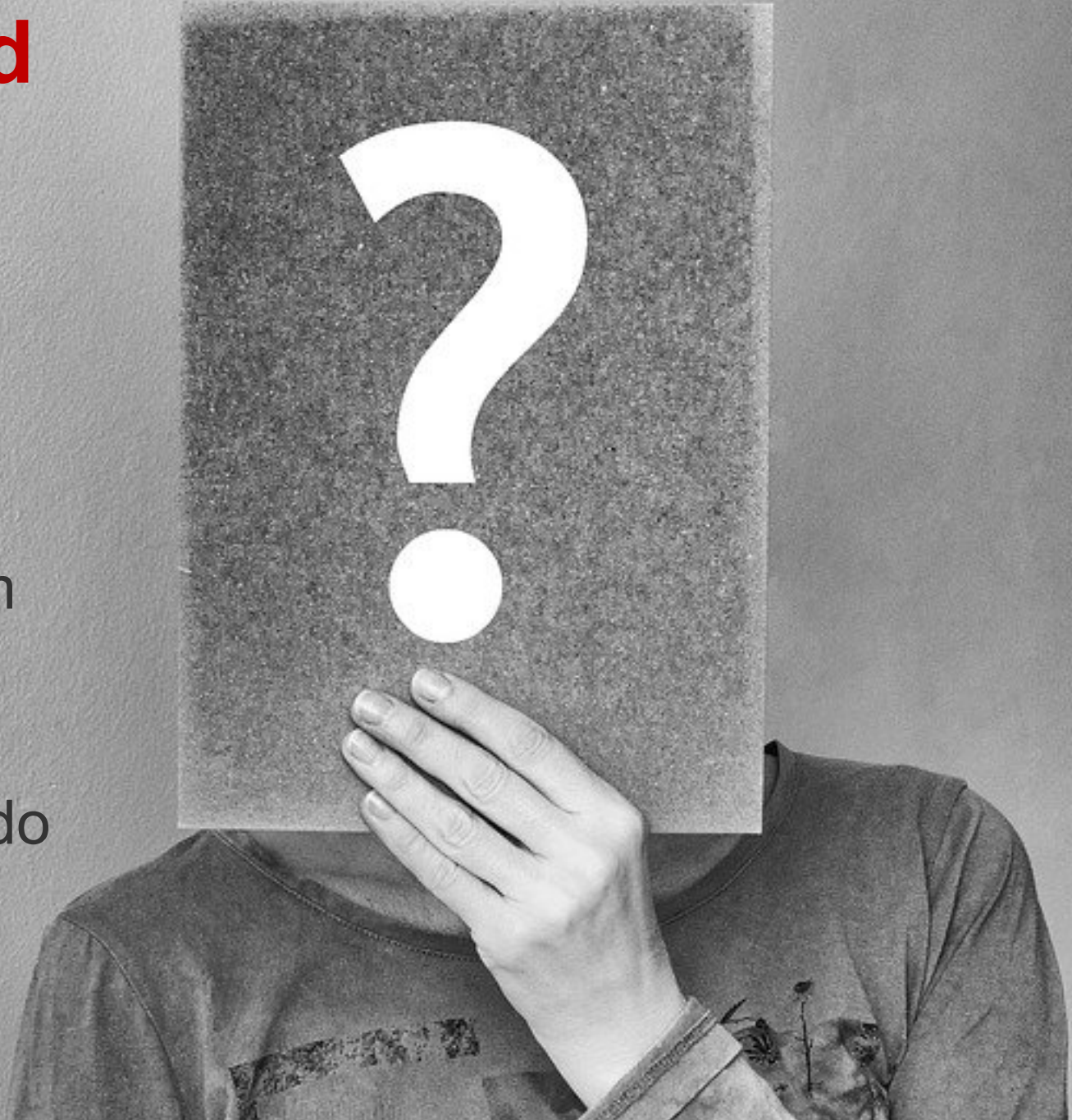






# Use solution-focused thinking

- Shift from worry and problem-focused thinking to solution-focused thinking.
- Focus on aspects of a problem that you can do something about
- Find out what works well and do more of it.





# Chunk your time

- Confirm task is worth your time
- Break your day into 30 minutes chunks
  - For 25 minutes, focus on single task
  - Take a break for 5 minutes
  - Repeat process throughout day, taking longer break every hour
- Batch your smaller tasks



# Deal with your emotions



- Identify your emotions  
(Don't ignore them)
- Experience the emotion
- Let it pass
- Let go of things you can't control
- Call for help if you need it





# Find your purpose



- Turn hurts into healing for others
- Foster gratitude
- Listen to what other people appreciate about you
- Find and build community
- Share your story



# Summary

- Start with what you CAN do
- Solution-focused thinking
- Chunk your time
- Deal with your emotions
- Find your purpose

*Use these to help build momentum for change*





# Set a Goal: what will you try this week?

- What is one small change you can make this week?
- SMART Goal
  - Specific
  - Measurable
  - Attainable
  - Relevant
  - Timebound



# You were made to overcome!



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# Resources

- Cloyd, S. “Productivity: The Time Chunking Method.” Rhodes College Academic and Learning Resources.
- Smith, J. “How to Find Your Purpose in Life.” The Greater Good Science Center at the University of California, Berkeley.
- Helpguide.org
- OSU Health and Wellness Resources
- OSU Extension:
  - [livesmartohio.osu.edu](http://livesmartohio.osu.edu) Mind and Body blog
  - [livehealthyosu.com](http://livehealthyosu.com) Live Healthy Live Well blog



# Skills Building - Week #2

- Start with what you CAN do
- Solution-focused thinking
- Chunk your time
- Deal with your emotions
- Find your purpose
- Set a personal goal for this week to build momentum





# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

**This survey will be sent via email to all registrants.**

**This and all future series recordings can be found at:**

**<https://u.osu.edu/keepcalmcovid194/recorded-webinars/>**



# Next Week

March 31, 2021 12:30 - 1:00 pm EST

Say Goodbye to #Quarantine15!

Jenny Lobb, MPH, RDN

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*Ohio State Extension in Franklin County*

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