

COVID-19 Protocol and Life Analysis

Remember, clients will mirror your mood and tone

A little bit about video sessions:

- Need ReProcess
- Need headphones
- Need PhysiTrack
- Note: ReProcess will still work while also running PhysiTrack on their phone, it will just turn off the video.
- Session outcomes for video are the same (we've done them for over 7 years with the same results)
- Ask if they are in a quiet/confidential environment? (some suggestions for getting one/making theirs more confidential if needed: car/background music/headphones/change session time/ closed door/ different floor/etc.)

COVID-19 Check ins:

What's good:

- Important to keep this for focus on uplifting items and balancing doom and gloom

What's challenging (covid or not related):

- Normal items and Shift language still apply, so identifying the LB's that are active, etc.
 - Still tie to other experience and NNE's
- In this time, the Covid-19 social distancing means more clients are isolated or presenting with additional stressors. Look at being a detective to identify what is stressful for the client (not you.) Create alignment but keep yourself focused on their experience of this challenge.

Some Questions to Ask:

- What are the most stressful items arising from this for you? (in relation to)
 - Finances
 - Parenting
 - Relationships
 - Social Isolation
 - Having less satisfiers/ more boredom/ cabin fever
 - Disruption to routines
 - Health/uncertainty fears
- How to navigate relationships with people who are responding differently than you
 - Parents who have health issues but aren't self-isolating
 - People who are catastrophizing or focusing on the negative
 - People who aren't taking it seriously
 - People who are making you feel like you are overreacting

Solutions:

- Boundary your people- e.g.mute friends on social media who are doing too much doom and gloom
- Have direct conversations- tell your friend you aren't okay with them coming over, or telling your parents your concerns that they aren't taking it seriously, if someone calls but you don't have the capacity at that moment, tell them you're having an anxiety moment so you can't talk right now. Ask for your needs. Be attuned to the needs of others
- For the overly negative people, tap in to compassion and their underlying needs- e.g. they are operating from a place of fear.
- What limiters (LB's)are more activated by this situation?
 - Limiters that may be activated by COVID-19:
 - I am at risk
 - I am not in control
 - I am powerless
 - I am trapped
 - I am responsible
 - I am weak
 - I am incapable
- What changes have arisen in your life as a result of this situation? To your:
 - Work
 - Schedule
 - Social life
 - Finances
 - Other?

We will still run normal protocol but, we should use part of the session to do an adapted version of our Life Analysis activity.

Life Analysis

The Life Analysis activity looks at a client's life over the course of a week to take inventory of the satisfiers, pacifiers and detractors of contentment. Creating positive structure in our day in the wake of the Covid-19 epidemic is so important. We need to help clients structure their week with a mind toward amplifying satisfiers, reducing distractors and pacifiers.

We strongly suggest that each of you do this exercise on yourselves so you have an understanding of the client's experience and can frame it with suggestions that have worked for you.

Life Analysis Steps

1. Gather a baseline:
 - In traditional Life Analysis, we start by taking a snapshot of what the client's overall week looks like so we can assess where we need make changes

- For COVID-19, we are doing an anticipatory baseline assessment of what their life in quarantine will look like.
 - This covers topics like work, family, social engagement, isolation, schedule (or lack thereof), etc.
- 2. Take inventory of their satisfiers, pacifiers, and detractors (see below for details on each):
 - Identify Satisfiers:
 - Go through each category of satisfiers and create a plan for how the client can incorporate them into their life.
 - Identify what is important to the client and get creative to help them adapt to the current parameters. E.g. if a value of theirs is hosting dinner parties, suggest facetime dinner parties!
 - Identify Pacifiers and Detractors:
 - What do we think are the barriers that will make it hard to do the satisfier?
 1. Can be behaviors, thought patterns, life circumstance, and LBs
- 3. Mitigate the pacifiers or detractors:
 - Depending on the barrier, the solution will be solution focused or require reprocessing of an LB
 - For example, perhaps a client cannot meet their need for alone time
 - If the barrier is that they don't have the physical space for it, the answer will be solution focused (e.g. go for a solo walk)
 - If the barrier is that they cannot ask for alone time because they feel responsible for everyone, the answer will be to remove the LB.
- 4. Create a schedule:
 - Create a structured plan of their week that includes all the pieces. Goal setting theory tells us that we must set times in order to increase the likelihood that our follow through will happen.
 - Start this in session then assign it as homework. This can be a bit like the game of tetris in moving things around to create an ideal week.
 - Use a paper calendar or a digital calendar where they can see the span of a week.
- 5. Share it with the people in their life:
 - Inform your people (best friend, spouse, assistant, etc.) of your new rhythm. This helps with boundaries and having them help you to not work above your level of bandwidth.
 - Give them an explanation and the context, that you are trying to optimize your life.

When delivering Life Analysis:

- Let the client know that it often takes 3-6 months to fully implement a rhythm and we don't expect them to nail it immediately. We want to treat it as an experiment and pay attention to what prevents them from following through.
- Often barriers do not show up in the first session, so you want to continue to evaluate their successes and their barriers in the check in.

- Rather than be hard on clients when they aren't able to execute, we have to again take on the detective role and investigate why (normal life barriers) and what LB's may be causing this. We notate them and use protocol to remove them, repeating this as we go.

Satisfiers, Pacifiers, and Detractors

Satisfiers

Satisfiers are mental health positive items in the following categories:

- Movement/exercise
 - Free online classes that different local studios are hosting
 - Dance party- create an atmosphere
 - Yoga with Adriene on youtube/down dog app
 - Go for a walk
 - Play in the snow with your kids in your yard
 - Gardening
 - Hike
 - Hula hoop
- Rest
 - Create a bedtime routine- Two hours before bed, start winding down:
 - No screens
 - Dim lights
 - No stressful convos
 - Downregulating activities
 1. Bath
 2. Yoga
 3. Stretch
 4. Meditate
 5. Read
 6. Sudoku
 7. Cuddle with animals or people
- Purpose
 - Reach out to isolated people or people on the front lines
 - Reach out to your local community league
 - Pick up and drop off supplies for seniors
 - Support local businesses
 - Not just by purchasing, but interact with their social media
 - Consider how to take this opportunity to impart life lessons to your kids (e.g. teach them how to build, fix a broken toilet, stress management, etc.)
 - Catch up on things you've been procrastinating on
 - Consider how your business can help out
- Learning
 - Try new things (e.g. learn to juggle, do the splits, headstand, etc.)
 - Free online courses

- Many topics including art and music classes
 - Masterclass
 - Podcasts
 - Reading
 - Try to make something- eg. architectural models
- Social Connection
 - Facetime dates, happy hours, play dates, or dinner parties
 - Text- create group chats with friends
 - Comment on your friend's insta posts
 - Make phone calls
 - Google Netflix hangouts- start movie at the same time as friends then chat about it
 - Video games with friends
 - Screen-free time- do a socially connected activity with the people you are quarantined with
 - Intentionally hang with your pet
 - Create online book club
 - Mail cards to your friends
- Introversion/Alone Items
 - Find space/time for yourself.
 - Designate specific areas and schedules
 - Go for a solo drive or walk or run an errand
 - If you are a family that is always together, make sure you create diadic, one-on-one time to create that variety (e.g. arts and crafts with one kid, while the other is going for a walk)
- Planning and Organization
 - Creating a rhythm so you don't sink into the couch for days on end. We do best with structure
 - This includes kiddos- create structure in their day and designated spaces.
 - Weekly overview to see if they have enough of these components
 - Habit trackers
 - Spring cleaning- (e.g. gather clothes for donation, get at that one junk drawer)
 - Meal planning and organization
 - Create designated time with kids where they are entertaining themselves (e.g. playing outside, quiet reading time)
 - Be intentional with media consumption
 - Boundaries around it- schedule the times when you are looking at it
 - Stick to key websites
 1. Alberta Health Services
 2. Government of Alberta
- Mindfulness and Reflection
 - Pair gratitude practice while hand washing
 - Connect to your physical and name the emotion then sit with it
 - Journaling

- Meditation
- Yoga
- Listen to a meditative podcast or music
- Creativity
 - Write
 - Paint
 - Color
 - Knit
 - Cross stitch
 - Build
 - Sing
 - Bake/cook
 - Play music
 - Draw plans for your dream home
 - Work
 - Make something with your hands
- Romantic Connection/Relationship Maintenance
 - Create rules preemptively around getting through quarantine (easier to do this once you have identified what you need in all other categories)
 - Boundaries around when/how often you are talking about COVID-19 (e.g. no discussing after 9PM)
 1. What does your partner want to hear about COVID-19?
 - Space
 - Childcare
 - Alone time
 - Get dressed up for your partner
 - At home date nights- e.g. have a picnic on the floor
 - Avoid just watching tv every night
 - Couple's card questions
 - Read the same book then chat about it
 - Take a masterclass together
 - What are you excited about planning on doing in the future when this all settles
 - Create your couple's bucket list
 - 7 Principles of Making Marriage Work by John Gottman
 - Make sure you are maintaining your other relationships so your partner isn't the only person you are leaning on
 - Take care of yourself and do interesting things so you have things to share with your partner.
 - Limit screen time
 - Stupid competitions or challenges (e.g. trivial pursuit, crib tournaments, fitness, puzzles)
 - Set up paint or draw night with a timer so you can't see what they're doing
- Fun
 - What did they do for fun as a kid?

- Connect back with old forgotten hobbies
- Quarantine bucket list
- Insta live- dance parties, workouts, concerts

Pacifiers

Pacifiers are things that take us away from doing the satisfiers. They can overlap with detractors but don't have to. Some examples are:

- Drinking/Drug Abuse
- Overuse of Screen Time
- Procrastination
- Avoidance
- Gaming Too Much
- Over-Working
- Rumination or Obsessional Research
- Gossiping/Toxic Discussion
- Negative or Excessive Use of Social Media

Detractors

Detractors are items that have an actively negative impact on our mental health. They can overlap with pacifiers but do not have to.

- They include items such as:
 - Engaging With Toxic People
 - Addiction Behaviours
 - Denying Good Sleep Hygiene/Staying Up Unnecessarily
 - Over-Checking Emails, Social Media, etc.
 - Passive-Aggression
- Detractors can also be the absence of certain items such as:
 - Not Maintaining Chores
 - Not Planning Healthy Meals, etc.

Additional points:

Obligations:

- Does the client really have to do the things that they don't want to do?
 - E.g. is people pleasing driving their decisions?
- Ideally life would be all satisfiers, but it can't be. For the shit we do actually have to do:
 - Use goal setting theories to increase motivation and achievement
 - E.g. break tasks down and assign times
 - Make it more enjoyable with task bundling
 - E.g. listen to fun music while doing your taxes. Listen to a podcast while doing the dishes. Call your friend while putting away your laundry
 - The obligations all get easier when we have more satisfiers
- The more stuff we have to do, the higher our motivation levels are
- It can feel overly planned, but this plan includes all the fun stuff so it feels different when doing it with only obligations.

- Work before play mentality actually depletes motivation and ends up producing less work
 - Charging the battery metaphor
- Time chunking- makes people happier, it doesn't make them feel over scheduled

