

ACD Special Topic: Finding Normalcy Amid Chaos

 Before we begin, please get a notebook or notepad

## **Quote of the Day**

"You don't know what you've got until it's gone"

## **Question of the Day**

What do you wish you could do or have right now if the planet was 'open for business' as usual?

Put your 1 or 2-word answer in the chat box.



Finding Normalcy Amid Chaos: COVID-19  
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# Our Collective Experience

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Research can help us understand:

- Trauma, Grief, Loss, Resilience
- Uncertainty, Lack of control

What feelings have you experienced in the past week(s)?  
Add your feeling words to the chat.





# FEELING WORDS

## ANGER

Annoyed  
Agitated  
Fed up  
Irritated  
Mad  
Critical  
Resentful  
Disgusted  
Outraged  
Raging  
Furious  
Livid  
Bitter

## HAPPY

Amused  
Delighted  
Glad  
Pleased  
Charmed  
Grateful  
Optimistic  
Content  
Joyful  
Enthusiastic  
Loving  
Marvelous

## SAD

Depressed  
Desperate  
Dejected  
Heavy  
Crushed  
Disgusted  
Upset  
Hateful  
Sorrowful  
Mournful  
Weepy  
Frustrated

## CONFUSION

Uncertain  
Upset  
Doubtful  
Uncertain  
Indecisive  
Perplexed  
Embarrassed  
Hesitant  
Shy  
Lost  
Unsure  
Pessimistic  
Tense

## ENERGIZED

Determined  
Inspired  
Creative  
Healthy  
Renewed  
Vibrant  
Strengthened  
Motivated  
Focused  
Invigorated  
Refreshed

## STRONG

Sure  
Certain  
Unique  
Dynamic  
Tenacious  
Hardy  
Secure  
Empowered  
Ambitious  
Powerful  
Confident  
Bold  
Determined

# Necessary Emotions

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It's typical to respond to trauma, loss, and chaos with a variety of emotions – even though some may appear as if they don't belong together

- Acknowledge and observe
- Then act – mood follows action

*"I feel frustrated and scared. OK that makes sense. But I don't need to stay with these emotions. I will ..."*





# Stages of the Grief Cycle

**"NORMAL"  
FUNCTIONING**



## **Shock and Denial**

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

## **Anger**

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

## **Depression and Detachment**

- Overwhelmed
- Blahs
- Lack of energy
- Helplessness

- Empowerment
- Security
- Self-esteem
- Meaning

**RETURN TO  
MEANINGFUL LIFE**



## **Acceptance**

- Exploring options
- A new plan in place

## **Dialogue and Bargaining**

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened

## Stages of the Grief Cycle

### "NORMAL" FUNCTIONING



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### RETURN TO MEANINGFUL LIFE

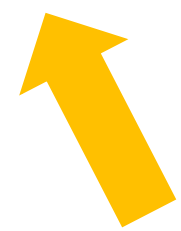
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#### Acceptance

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# Finding Meaning

## Reflection

- What meaning can you bring to the situation/experience?
- Who do you want to be on the other side of this?
- Reach out to others, share your story, learn from one another
- Explore options and put a new plan in place – be creative





# Perspective

The current crisis can be viewed from 2 distinct perspectives:

1. Doom and gloom, whereby we focus on things we can't control and don't have and can't do
2. An opportunity to reset, focus on what we can control, can do, and what we have



# Perceived Control

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Attempt to gain control in 2 ways:

1. By bringing the environment into line with our wishes (primary control); and
2. By bringing ourselves into line with environmental forces (secondary control)

Rothbaum et al. (1982)





# The Power of Perceived Control

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Two factors added to the model:  
positive and negative experience.

Perceived control results from one's  
perceived ability to:

- Avoid and Cope with negative
- Obtain and Savour positive

Bryant (1989)



# Perceived Control: Negative Experience

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## Avoid

- Depends on the degree of personal control over bad things, the frequency and likelihood of bad things occurring.

## Cope

- Depends on the ability to cope with bad things, how much one is bothered by bad things, and how long bad things affect one's feelings.





# Perceived Control: Positive Experience

## Obtain

- Depends on the degree of personal control over good things, the personal responsibility for good things, the frequency and the likelihood of good things occurring.

## Savour

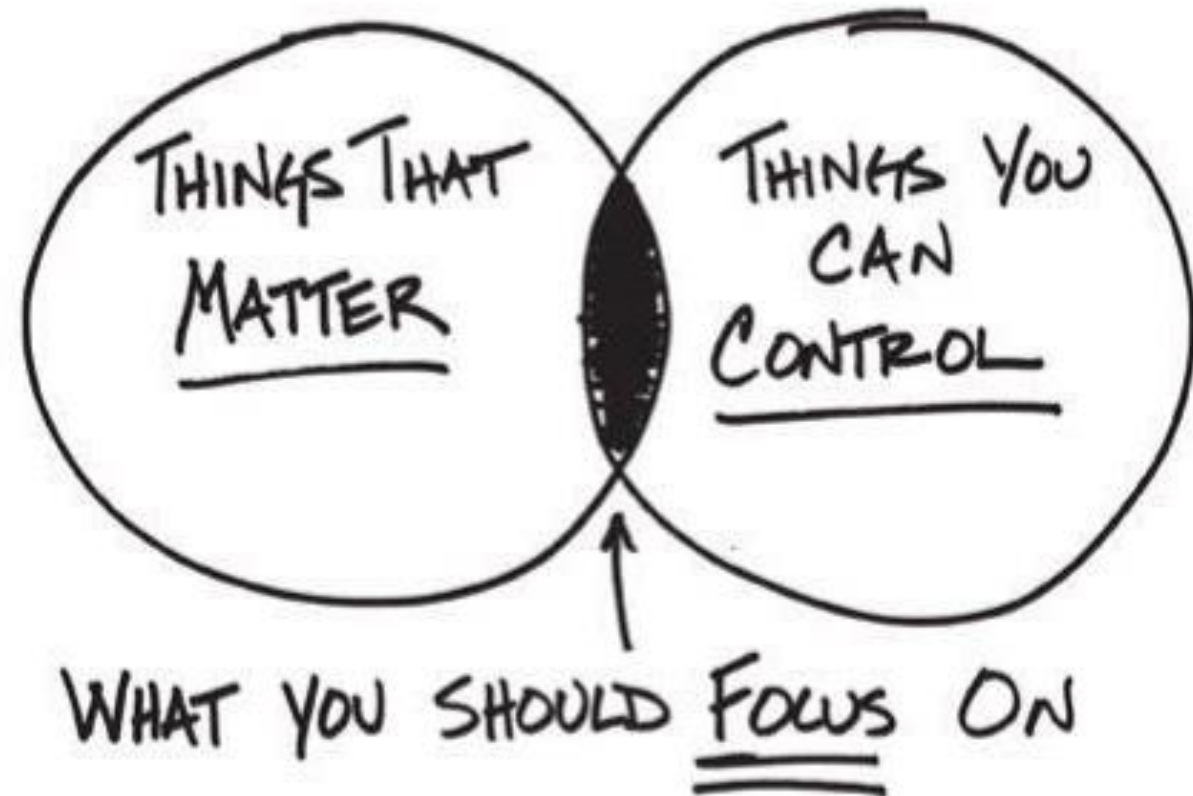
- Depends on the ability to enjoy good things, how much one is pleased by good things, how long good things affect one's feelings, and the frequency of feeling on top of the world and of feeling overjoyed.



# Let's Look at Control

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1. What can you control when it comes to the bad things?
2. What are some ways to cope with bad things, and/or diminish the amount of time you allow the bad things to bother you?
3. What good things can you control and/or create?
4. What good things do you have to enjoy, and can you increase your focus and appreciation of those good things?



# The Future

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- We set goals based on a future over which we have little control and no certainty – we make up a possible future and then set goals based on that.
- Now is not any different – simply our possible future is more difficult to imagine







# Create an Action Plan

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Things you can do to bring a sense of normalcy and well-being

1. Maintain structure and routine
2. Strengthen your self-care
3. Connect socially
4. Set goals and strive
5. Adapt and get creative



# #1

## Structure & Routine

Reproduce your usual schedule

- Start your day off with the usual 'walk to school' around your neighborhood for 30 minutes
- AM: Condense your "school day" to the morning only (e.g., work on 1-2 subjects or assignments)
- PM: Focus on athletic commitments and leave time for being 'a regular human'

We function well in blocks of 60-90 mins punctuated by 15-20 min breaks



# #2

## Self-Care

- Adopt positive SLEEP routines (bed & wake same time each day)
- Begin/end your day with MINDFULNESS meditation
- EXERCISE daily – start new positive habits
- Get out in NATURE to recharge and be connected to the energy of our planet
- EAT WELL– cook, bake, walk to do errands
- THINK WELL – reflect, be grateful, find meaning



#3

## Social Connection

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We are social beings and need to feel part of a tribe or community

- Connect with your sport community (video workouts, daily challenges with teammates)
- Connect with family – do things together (have a virtual coffee date with a friend)
- Connect for meals – throughout history meals are times to connect with one another, to relax and allow our digestive system to absorb the nutrients (dinner with mom via FaceTime!)





## #4 Set Goals

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- What were your goals before all of this? Create a new plan or revise your old one
- Build resilience and work through adversity
- Strive to come out the other side better, stronger, wiser
- Be ready to hit the ground running rather than slowly emerging from hibernation





**#5**

## **Get Creative**

Do things you otherwise would not have time to do – an opportunity to be better

- Focus on areas of fitness that are 'lacking'
- Read a book, catch up on CEC's or school work, take up a new hobby
- Go for walks or hikes, bike rides
- Use imagery and visualization to 'perform your sport in your mind'
- Take time to be a 'regular human'
- Become the person you've always wanted to be



# Your Take-Aways

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## Remember

- Resilience is a choice
- Mindset is a choice

## What are your take-aways?

- What do you do now, begin to implement today?
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