

COVID-19 Teleconference

Emotional Health

Today's Presenters

David E. Morrison, M.D.
Morrison Associates, Ltd.
dmmd@morrisonltd.com



Elizabeth Kellar
ICMA
ekellar@icma.org





Emotional Health & Resilience During a Crisis

ICMA

David Morrison, M.D.

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FOUR BASIC THINGS TO DO

- Be Realistic
- Maintain Structure
- Tend to your Self
- Build & Maintain Supportive Relationships

MAINTAIN STRUCTURE

- Structure is support
- Routines
- Sleep schedule
- Planning
- Be Problem Focused

TEND TO YOUR SELF

- Exercise
- Healthy Coping Mechanisms (George Vaillant)
 - Sublimation
 - Altruism
 - Anticipation
 - Humor
 - Suppression
- Be Playful
- Keep your sense of responsibility realistic
- Personal Reflection
- Emotional awareness

WORKING WITH EMOTIONS

1. Get Curious About Emotions
2. Put feelings in perspective
 - Emotional responses are normal
 - They inform us about ourselves and our environment
3. Be aware of feelings
 - Use them as data
 - Work to understand them
 - Know your own feelings

MANAGING EMOTIONS

- Minimize Inhibition of Emotions
- Minimize Negative Emotions
- Maximize Positive Emotions
- Perceive → Name → Meaning

MINIMIZE NEGATIVE EMOTIONS

- Perceive ~~↻~~ Name ~~↻~~ Meaning
 - Curious About Why
 - What It Is Signaling
- Turn Loose Intellectually
- Act To Solve Problem

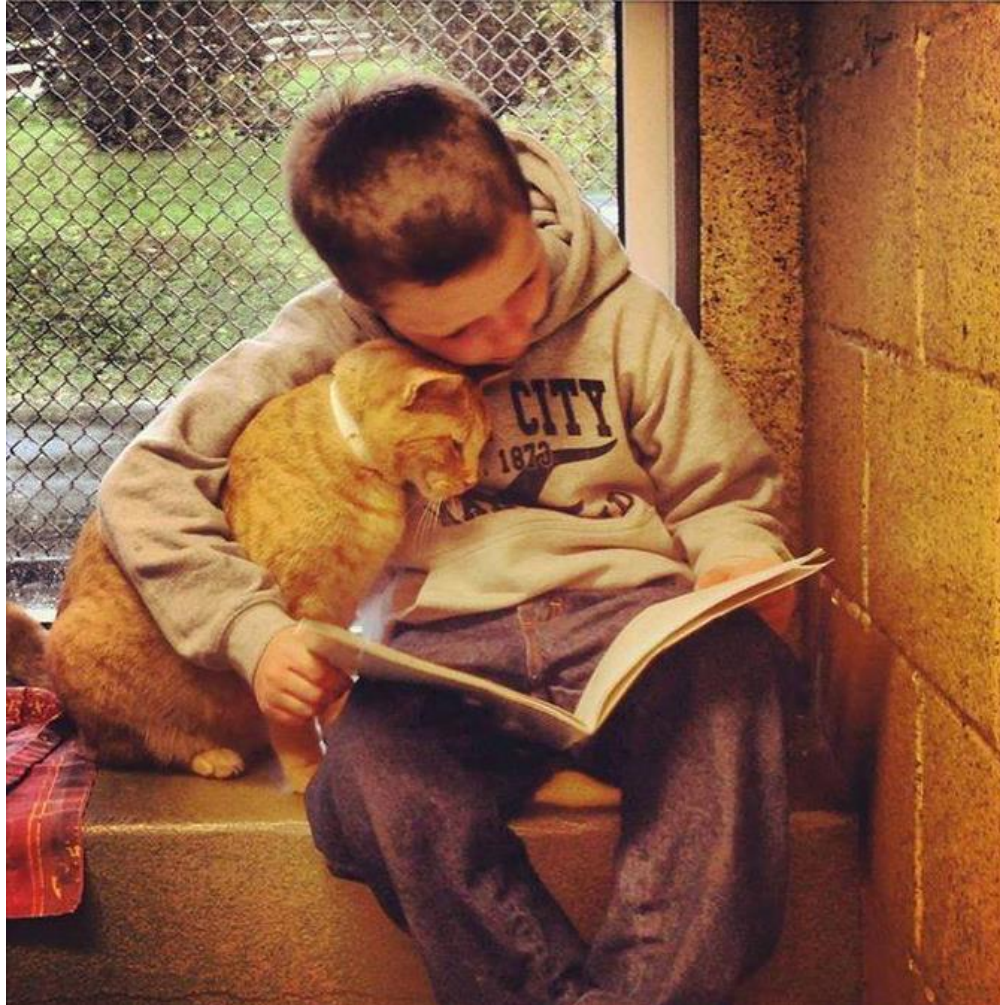
MAXIMIZE POSITIVE EMOTIONS

- Perceive ~~↻~~ Name ~~↻~~ Meaning
- Address your Mood
- Put Positive Meaning Into Ordinary Events

MAXIMIZE POSITIVE EMOTIONS

- Perceive & Name
& Meaning
- Address your Mood
- Put Positive
Meaning Into
Ordinary Events
- Be Grateful





RELATIONSHIPS



Build Supportive Relationships

- Emotionally close—Attunement
- Altruism & Gratitude
- Build Support Structures
 - Sacred Times

QUESTIONS?

PLEASE USE THE Q/A FUNCTION TO SUBMIT YOUR QUESTION

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