



*Certified Strategic Intervention Coach  
Certified Relationship Coach*

*The tradition of Strategic Intervention Coaching  
is based on cutting edge psychology, strategic  
planning, transformational science, spirituality,  
habit change, and practical wisdom.*

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# Coping with Stress during Covid

You may be experiencing some of the following.

The effects of Covid on the economy are particularly difficult for artists, writers and performers. You may be experiencing a change to your income and feeling the need to brainstorm new avenues of income. You may be feeling the unrealistic pressure to have gotten a big project written/finished during the lockdown, you may wonder how to deal with the emotions of our current racial justice issues and since artists are often times highly empathic, you may be feeling all the feels.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

# 6 Human needs Philosophy-

Different needs will be more or less significant for you at different times.

## 1. Certainty:

*What has to happen to feel certain, safe and secure and taken care of?*

## 2. Uncertainty:

*What has to happen to feel excitement, creativity, that good fear?*

## 3. Significance:

*What has to happen to feel important, special, acknowledged?*

## 4. Love/Connection:

*What has to happen to feel loved, cared for, connected to others?*

## 5. Growth:

*What has to happen to feel like you're expanding, learning, thriving?*

## 6. Contribution:

*What has to happen to feel you're giving beyond yourself, making the world better?*

**Ask yourself what actions you can take in order to fulfill some of these.**

***Even in the smallest way.***

**When you do, you become an active participant in your mental and physical health.**

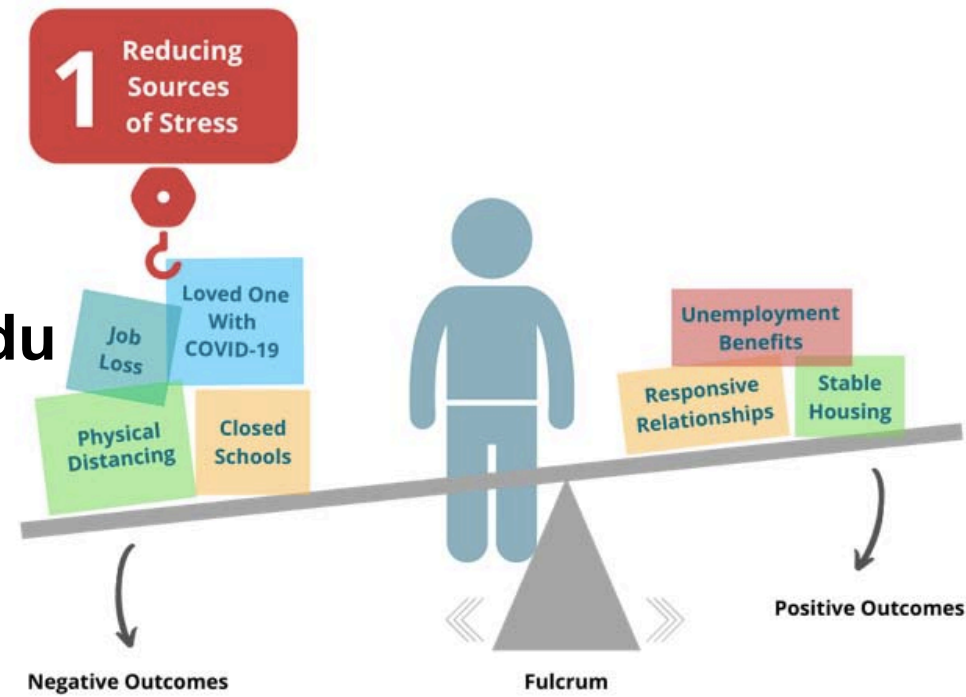
**Pick one or two and brainstorm a small way to meet your needs in this area this week.**



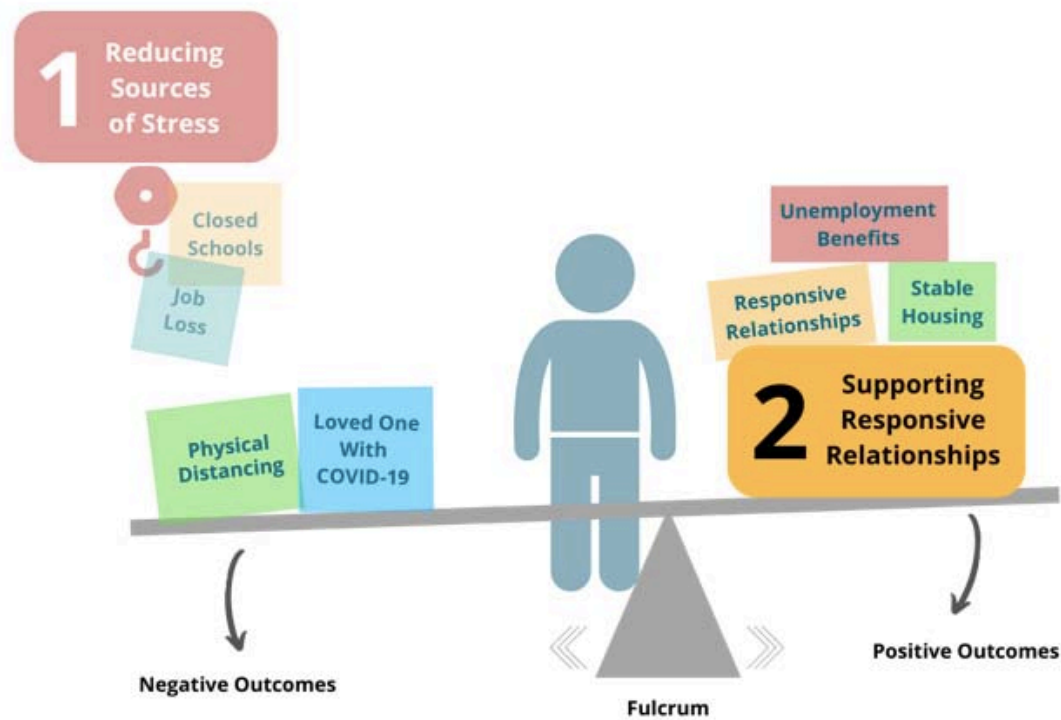
3 potential areas of focus  
For reducing stress.

Graphics from the  
developingchild.harvard.edu

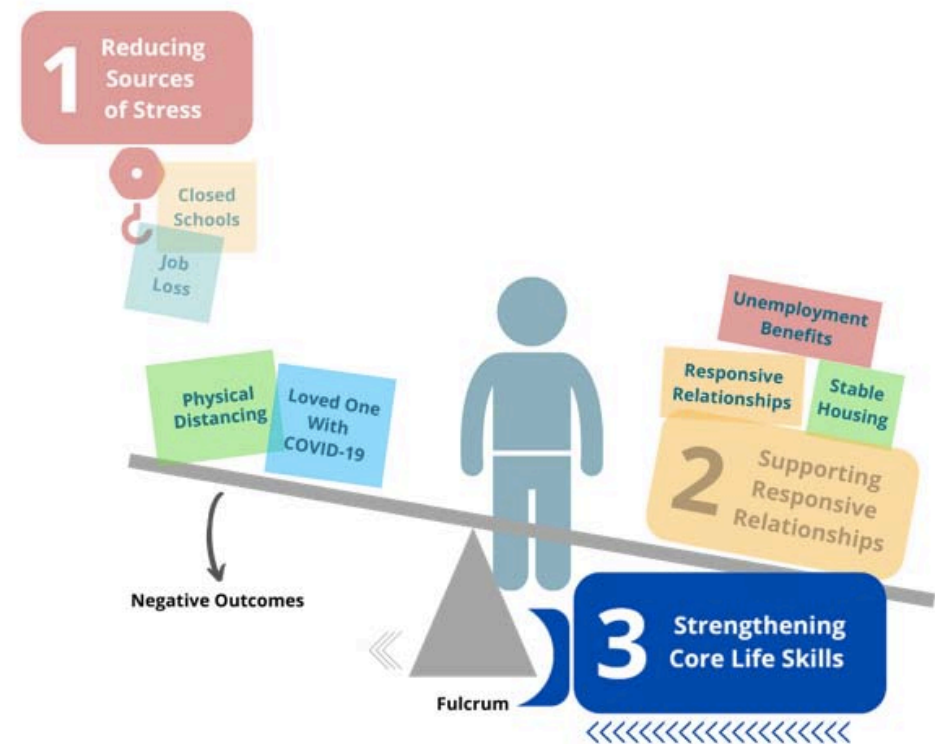
### 1. Unload the Negative Side



### 2. Load Up the Positive Side



### 3. Move the Fulcrum






# Overcoming Obstacles using Metaphors

- Metaphor Process
- Metaphors are powerful tools that we can use to overcome blocks that may keep us from what we want. The previous slide showed a terrific metaphor of a fulcrum with the person in the middle- positives on one side, negatives on the other.
- Begin by grounding with a few breaths, then allow your imagination to expand, feel the space around you. Allow yourself to appreciate yourself, thank yourself for showing up today.
- Begin to imagine your obstacle, whatever it is, and allow yourself to feel the emotion you feel when you imagine your block.
- Now, in your imagination, imagine your block or negative emotion as a piece of art if you're an artist, or a sheet of paper if you're a writer, a stage if you're a dancer or actor, and begin to add something to the item that makes it feel happier, lighter, more lovely. If you're an artist, perhaps it's a color, or a collage, if you're a writer perhaps its a favorite poem, a dancer may begin to move in a new way. Whatever it is that allows it to feel friendlier.
- Continue to add in new elements that feel lighter, easier, whatever it is, allow your imagination to take you to this place of ease. When you're in this lighter place, just rest there a moment and allow yourself to feel this new lighter emotion.
- Is there something that you'd like to take from this new piece of art that you created to remember going forward?
- Now take a moment and remember that original feeling or the block, and then come back to this new emotion of lightness, movement, happiness. You created this.





If you or someone you know is in crisis,  
contact the Suicide Prevention Lifeline at 1-800-273-TALK (8255),  
or dial 911 in case of emergency.

Visit **Mental Health America's** site for information on mental health, getting help, and taking action.

<https://www.mentalhealthfirstaid.org/mental-health-resources/>







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