

From Surviving to Thriving
During the Pandemic . . . and Beyond:
*Practical Strategies to Cope with Aging,
Uncertainty and the Challenges of Life*



May 13th, 2021
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Three things to remember

- 1. YOU ARE NOT ALONE**
- 2. YOU HAVE THE STRENGTH - AND SUPPORT –
TO MAKE IT THROUGH**
- 3. TOGETHER WE WILL COME OUT STRONGER
AND MORE CONNECTED**

2

YOU ARE NOT ALONE

You are a part of a greater whole

How we are feeling is a normal response to these circumstances

3

YOU HAVE THE STRENGTH - AND SUPPORT - TO MAKE IT THROUGH

We each have the ability to manage our emotions

We can expand our perspectives

We have community supports for everyone

We are better together

4

TOGETHER WE WILL COME OUT STRONGER AND MORE CONNECTED

*We will emerge with renewed appreciation
for community,
connection
and compassion*

5

YOU ARE NOT ALONE

*Feeling anxious and stressed with uncertainty and worries about health, housing and finances.
Feeling sad and grieving those whom we have lost and missing the people, rituals and activities that give life meaning.
Having difficulty sleeping or having strange dreams.
Feeling lonely and isolated.
Feeling helpless or hopeless.*

6

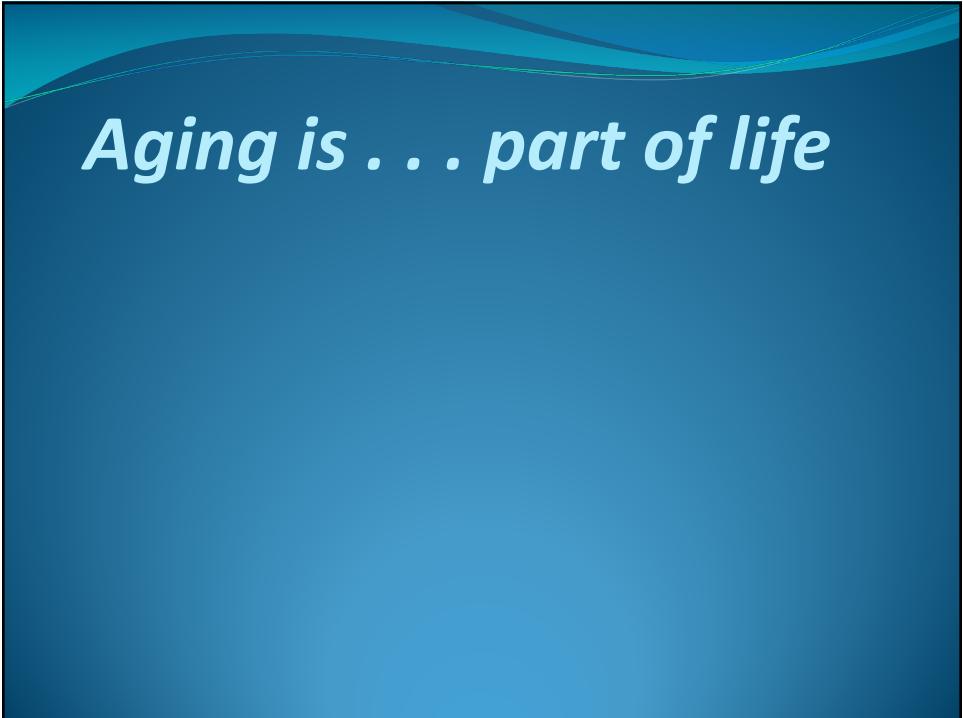
Three Key Shifts

- 1. *Moving from a FIXED MINDSET
to a GROWTH MINDSET***
- 2. *Moving from a sense of HELPLESSNESS
to AGENCY and EMPOWERMENT***
- 3. *Moving from ISOLATION
to CONNECTEDNESS
(an integral part of a greater whole)***

7

Aging is . . .

8



Aging is . . . part of life

9



Aging is . . . Changing

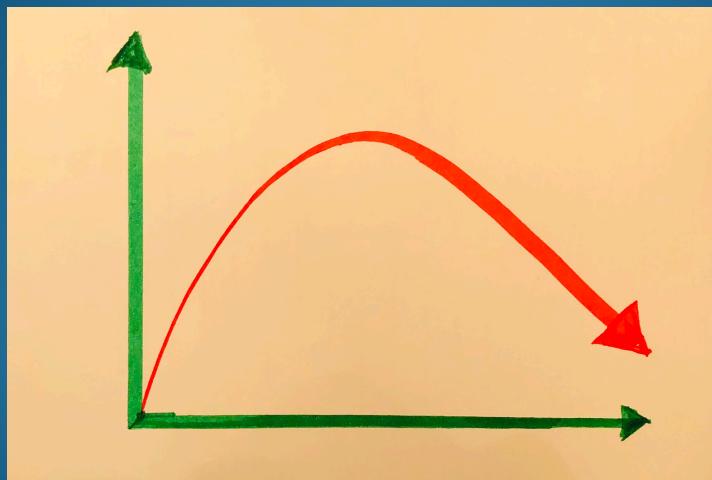
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Aging is . . . Changing

“Doctor, is this due to old age?”

11

Aging is . . . Changing



12

Aging is . . . Changing

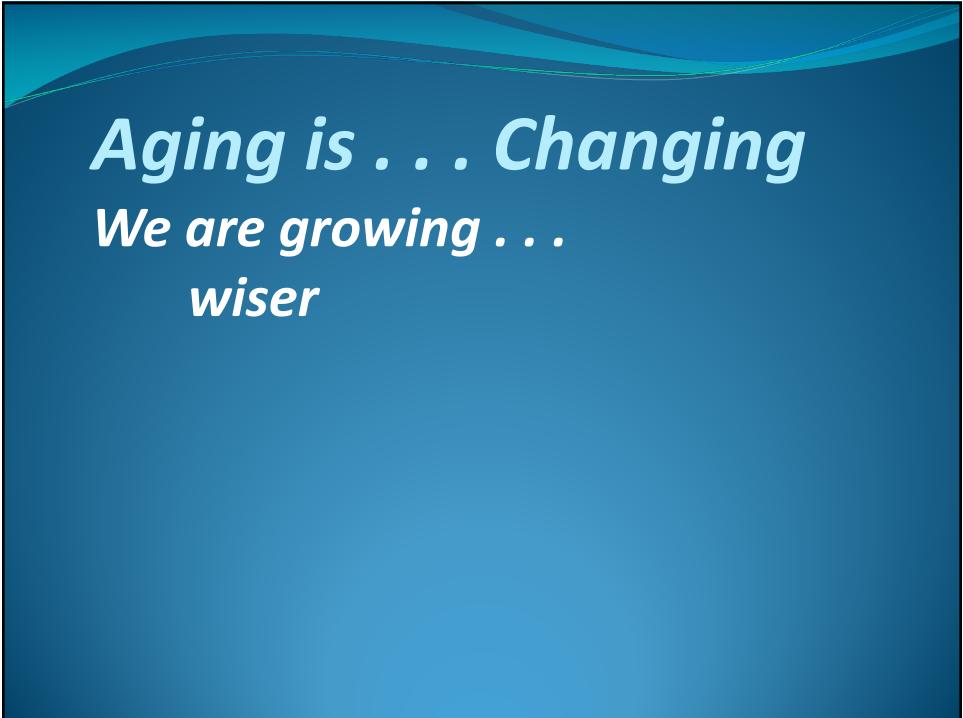


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Aging is . . . Changing

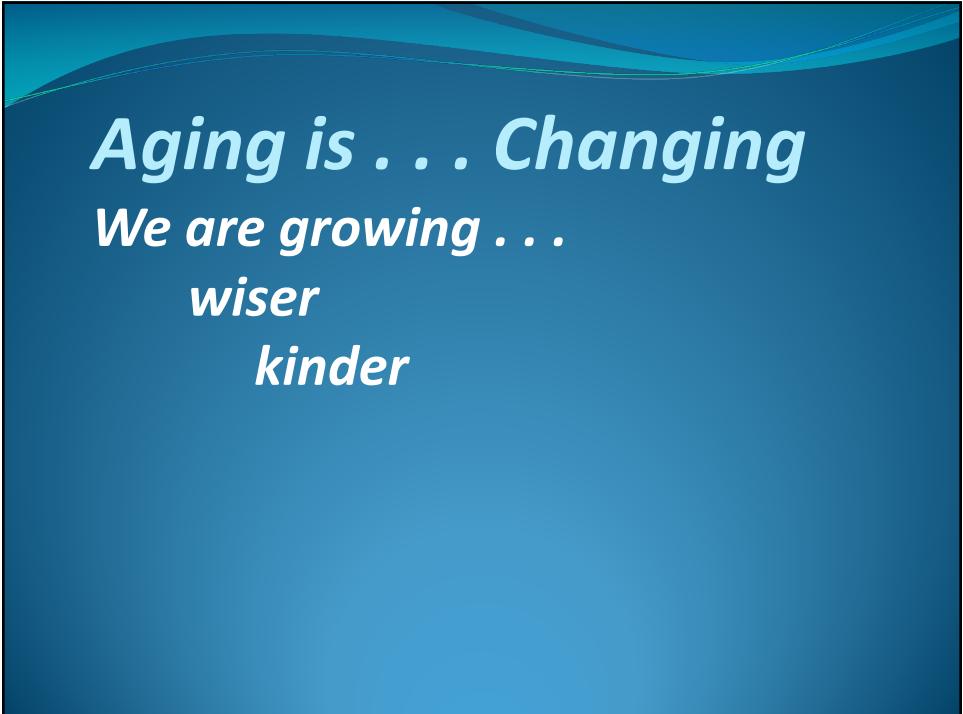
We are NOT growing old.

14



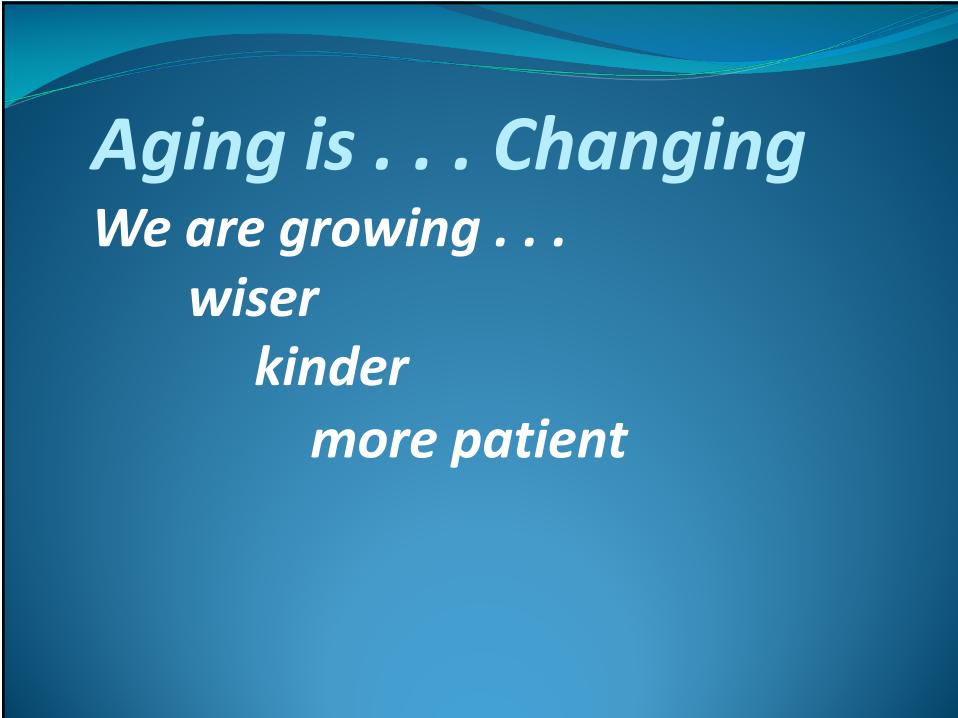
Aging is . . . Changing
We are growing . . .
wiser

15



Aging is . . . Changing
We are growing . . .
wiser
kinder

16



Aging is . . . Changing
We are growing . . .
wiser
kinder
more patient

17



Aging is . . . Changing
We are growing . . .
wiser
kinder
patient
more humble

18

Aging is . . . Changing
We are growing . . .
wiser
kinder
patient
more humble
more compassionate

19

Aging is . . . Changing
We are growing . . .
wiser
kinder
patient
more humble
more compassionate
and generous



20

*Emotions are part of being
human*

*They've helped the human race to
survive*

21

*Emotions are part of being
human*

*Without sadness,
we wouldn't avoid that which causes
pain.*

22

*Emotions are part of being human
Without anxiety,
we would never plan, sound the alarm . . . or run away from a sabre toothed tiger!*

23

*Emotions are part of being human
Without anger,
we wouldn't defend ourselves or our loved ones.*

24

*Emotions are part of being
human
Without **love**,
we just wouldn't be here.*



25

Key Emotional Health Skills

- 1. Self-care and Managing Stress***
- 2. Meditation and Reflection***
- 3. Managing Your Thoughts***
- 4. Visualizing Your Goals***

26

Managing Stress: Regaining Your Sense of Control

- 1. Identify the sources of stress.*
- 2. Recognize what you can change or control.*
- 3. Accept what you cannot change; assume responsibility for what you can.*
- 4. You have a choice.*

27

Grant me the SERENITY
to accept the things I cannot change,
COURAGE to change the things I can,
and WISDOM to know the difference.

Reinhold Niebuhr

28

What we know about COVID-19

- It is airborne and spread by respiratory droplets
- You can prevent infections by:
 1. keeping your distance (6 ft),
 2. wearing a mask when you can't, and
 3. washing your hands
- The vaccinations work
- Your family doctor is still here for you

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The Daily Management of Stress

Be a good parent to yourself:

- 1. Go out and play.** Have an exercise routine but keep your distance.



30

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.

2. **Don't skip meals.** Schedule regular healthy meals. Keep a good routine.



31

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.

2. **Don't skip meals.** Schedule regular healthy meals.

3. **Go to bed.** Get enough sleep and take regular breaks. Balance activity with rest.



32

The Daily Management of Stress

Be a good parent to yourself:



1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.
3. **Go to bed.** Get enough sleep and take regular breaks.
4. **Go to the doctor.** Don't hesitate to call your family doctor for your health needs. We are still at work – by phone, video and when needed, in person.

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The Daily Management of Stress

Express your emotions with those close to you, with a group of confidantes.

Form or join a support group

34

The Daily Management of Stress

Attend to your relationships . . .



35

The Daily Management of Stress

Attend to your relationships

The greatest tragedy is that we may go through life
not knowing how much we were loved . . .

36

The Daily Management of Stress

Attend to your relationships

The greatest tragedy is that we may go through life not knowing how much we were loved.

Don't miss an opportunity to show you care . . .

37

The Daily Management of Stress

Attend to your relationships

The greatest tragedy is that we may go through life not knowing how much we were loved.

Don't miss an opportunity to show you care.

Think of – and express – 5 positives for any negative.

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Key Emotional Health Skills

2. Meditation

- ***To calm your mind***
- ***To centre your thoughts***
- ***To assess your situation***
- ***To reflect on your life***

39

Mindfulness

I use mindfulness to re-centre or to remain centred in the present.

Emotions can be your meditation chimes to pause and reflect on what you are feeling, saying and doing.

40

Reflection is like checking your map and compass to find your place on the path.

I frame each day with thankfulness by awakening with a prayer of gratitude and upon retiring reflecting on the gifts of the day.

41

Actively See the Positive in Your Life

The daily practice of GRATITUDE . . .



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Actively See the Positive in Your Life

The daily practice of GRATITUDE



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Mindfulness more than just meditation



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Key Emotional Health Skills

3. Managing Your Thoughts

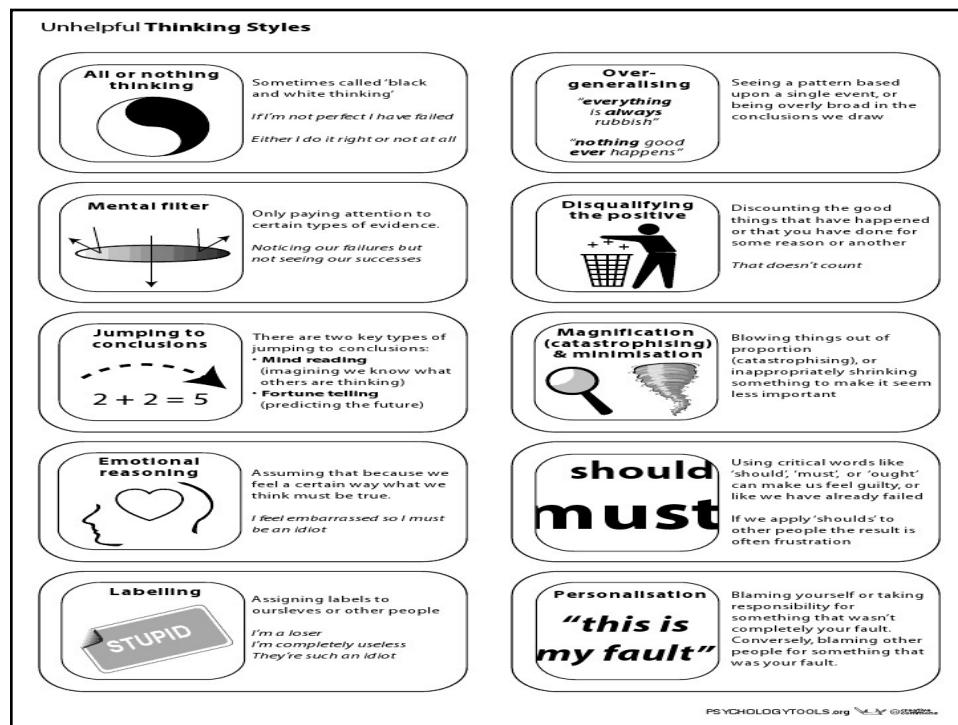
Our thoughts shape our emotions

45

Cognitive Behavioural Therapy

We can transform how we FEEL (emotions)
by WHAT WE DO (actions)
and WHAT WE THINK (thoughts)

46



47

Fortune-Telling

Assuming that you really know how things will turn out

"I'll never be able to manage these feelings."
"I'll always feel this way."

48

Countering Fortune-Telling

Assuming that you really know how things will turn out

“I’ll never be able to manage these feelings.”

“I’ll always feel this way.”

*I can’t predict the future,
but I can be ready for whatever may come.*

49

Mind-Reading

Believing that you really know what another person is thinking.

“I know why she hasn’t called me.”

“She did that just to hurt me.”

50

Countering Mind-Reading

Believing that you really know what another person is thinking.

“I know why my friend didn’t call me back.”

“She did that just to hurt me.”

I should give others the benefit of the doubt, and maybe check things out.

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Overgeneralizing

Making broad assumptions based on the facts on hand

“You can’t trust anyone.”

“They are all the same.”

52

Countering Overgeneralizing

Making broad assumptions based on the facts on hand

"You can't trust anyone."

"They are all the same."

One rotten banana doesn't make the whole bunch bad.

Other people are individuals just like me.

53

Polarizing

All or nothing, black or white, good or bad thinking

"This pandemic is a disaster. There's nothing good in this situation."

54

Countering Polarizing

All or nothing, black or white, good or bad thinking

"This pandemic is a disaster. There's nothing good in this situation."

My situation is not so bad. I have support that others don't. This challenge has brought out a lot of kindness from others.

55

Shoulding

Inappropriate judgment

"Everyone should wear a mask."

"I have to be perfect."

56

Countering Shoulding

Inappropriate judgment

"Everyone should wear a mask."

"I have to be perfect."

*He may not have realized what he was doing.
She's probably doing the best she can.*

57

Personalizing

Taking things too personally

"He did that deliberately just to hurt me."

58

Countering Personalizing

Taking things too personally

"He did that deliberately just to hurt me."

Maybe he's having a bad day. I'll let it go.

59

Catastrophizing

Believing the worse things will happen

"I'm going to fail and I'll never be a success."

"This really is the end of the world!"

"I'm going to get sick and die."

60

Countering Catastrophizing

Believing the worse things will happen

"I'm going to fail and I'll never be a success."

"This is the end of the world!"

"I'm going to get sick."

I'll prepare for the worst, but I know it's not likely to happen.

I know how to stay well, and where to get help.

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Disqualifying the Positive

Downplaying the positive aspects of the situation or minimizing the good that you have done

"I was just lucky that time."

"There is nothing good in this situation."

62

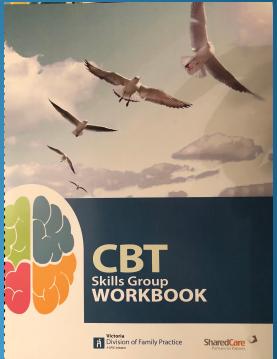
Countering Disqualifying the Positive

Downplaying the positive aspects of the situation or minimizing the good that you have done

"I was just lucky that time."
"There is nothing good in this situation."
I'm learning and getting better.
Our family and community have really come together to help one another.

63

Cognitive Therapy
FEELING GOOD: The New Mood Therapy
David Burns
MIND OVER MOOD
Padesky/Greenberger
AUTHENTIC HAPPINESS
Martin Seligman
HARDWIRING HAPPINESS
Rick Hanson
Bouncebackbc.ca



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Reflect on the thoughts that trigger your emotions.

Is there another way of looking at the situation?

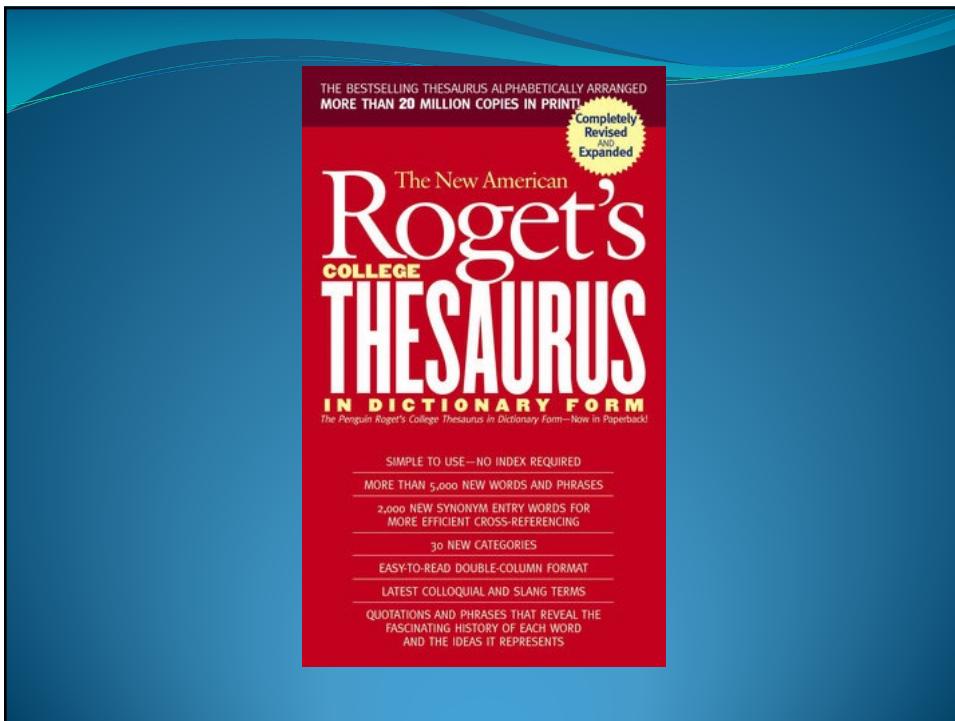
What would you say to a best friend if she had these thoughts?

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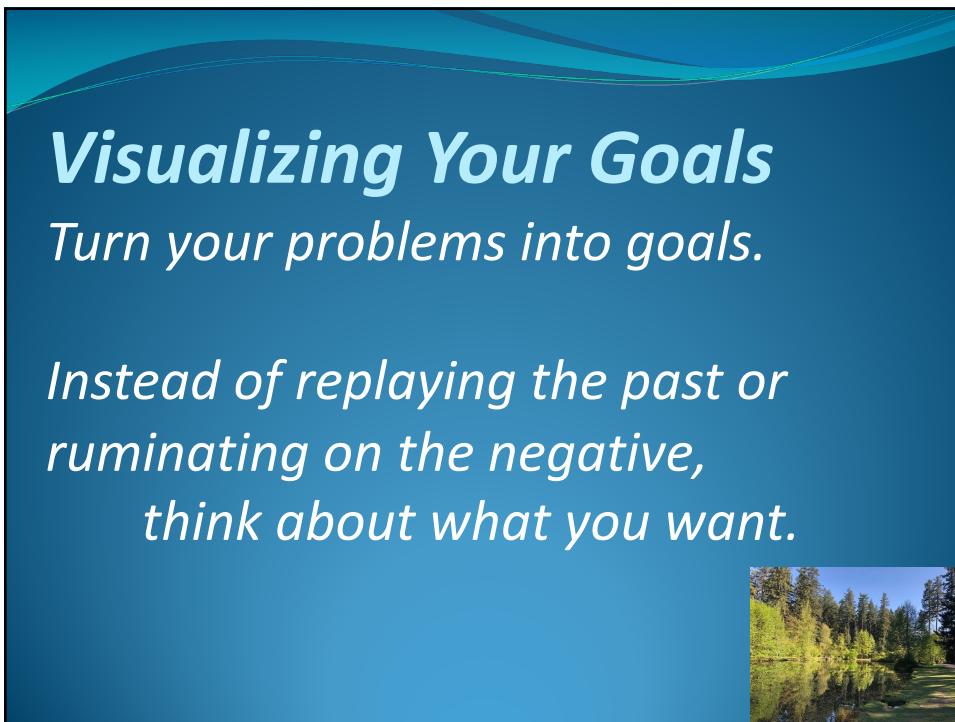
Key Emotional Health Skills

- 1. Self-care*
- 2. A Meditative Practice*
- 3. Cognitive Therapy*
- 4. Visualizing Your Goals*

66



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Question your core beliefs
*Where do your core beliefs
– about yourself, others & life -
come from?*



69

*You may have accepted incorrect beliefs
about the world, other people and your self.*

*These beliefs have shaped your world view
and how you tell your personal story.*

70

Unquestioned Assumptions and Core Beliefs



71

Limiting Beliefs

“I’m not good enough.”
*“I don’t deserve success,
happiness or love.”*
“I am powerless.”

72

Limiting Beliefs

“I have to be perfect to be loved.”

“I can’t trust anyone.”

“Life is unfair.”

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Questioning Your Core Beliefs

Are they working for you?

*Do they bring you closer to or further
from others, society and your goals?*

74

Do they foster positive feelings (love, connection and peace)?

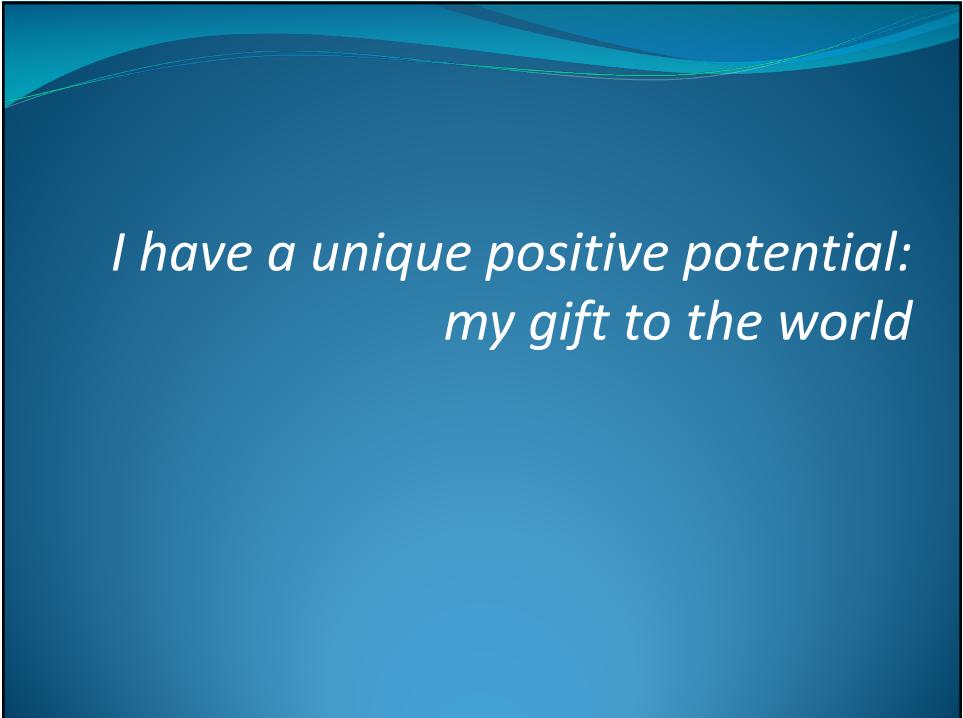
Do they inspire positive actions (creativity, kindness and generosity)?

75

Positive Core Beliefs

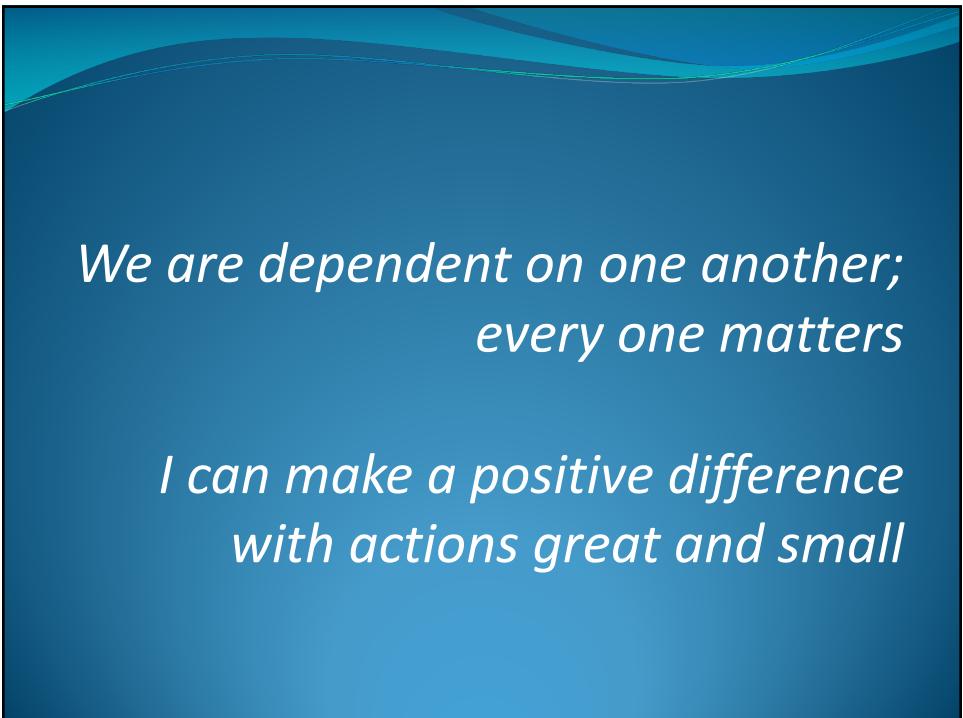
*I am a part of a greater whole:
part of a family and
a member of this community*

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*I have a unique positive potential:
my gift to the world*

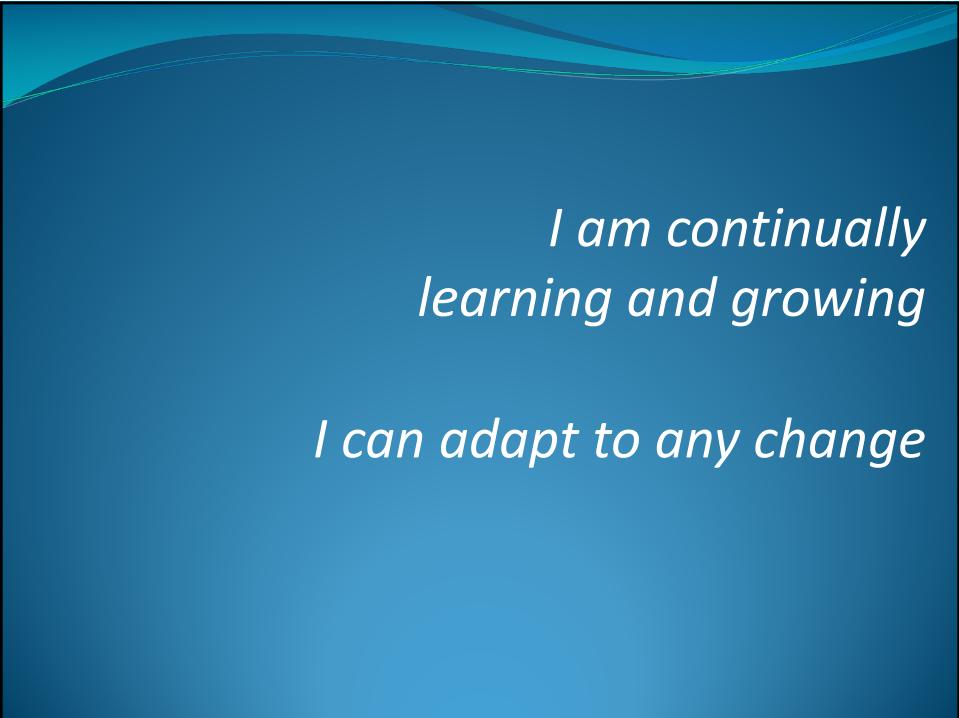
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*We are dependent on one another;
every one matters*

*I can make a positive difference
with actions great and small*

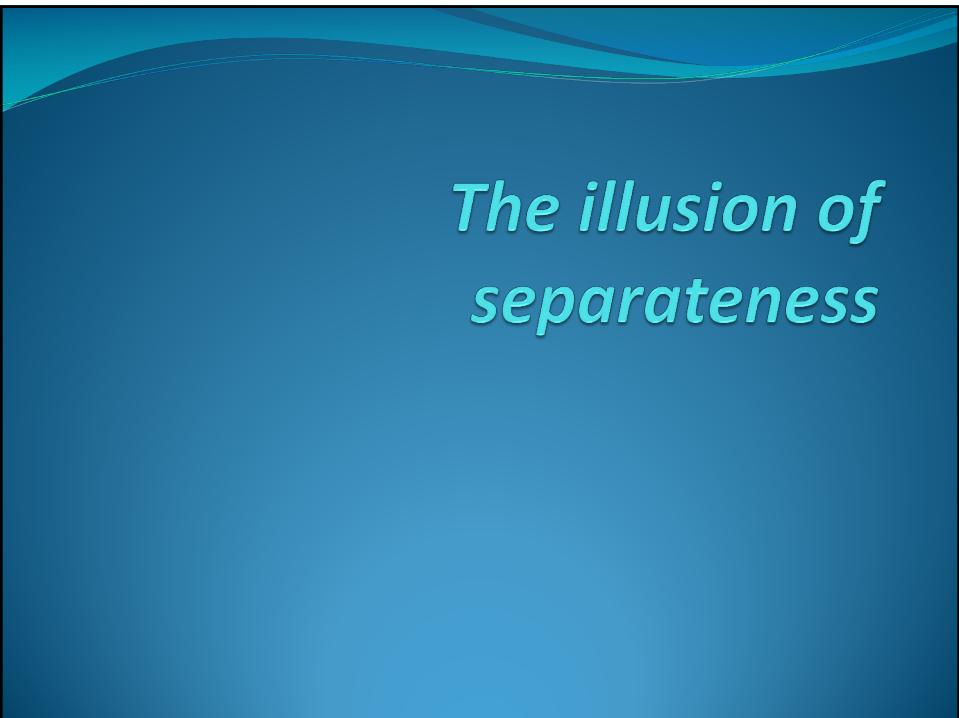
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*I am continually
learning and growing*

I can adapt to any change

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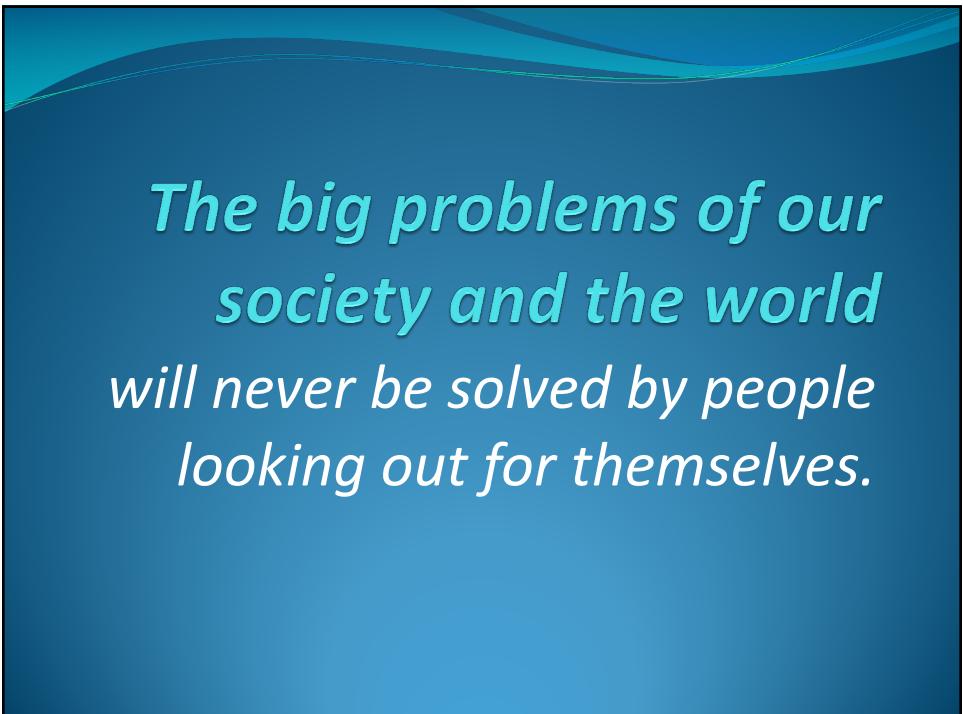
*The illusion of
separateness*

80



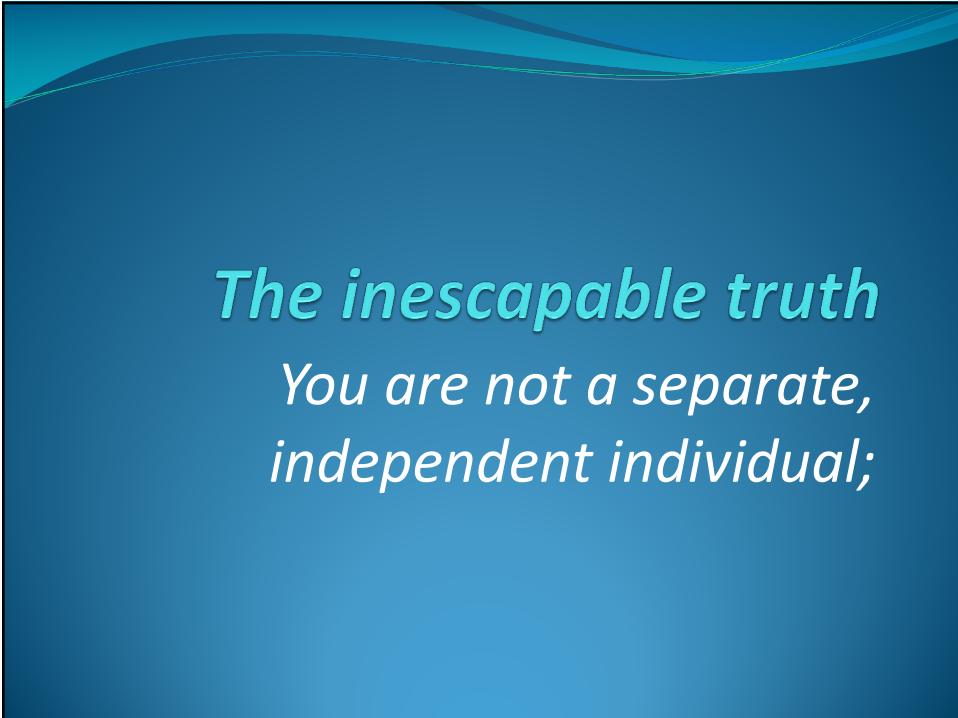
*The illusion of
separateness
and a life of competition*

81



*The big problems of our
society and the world
will never be solved by people
looking out for themselves.*

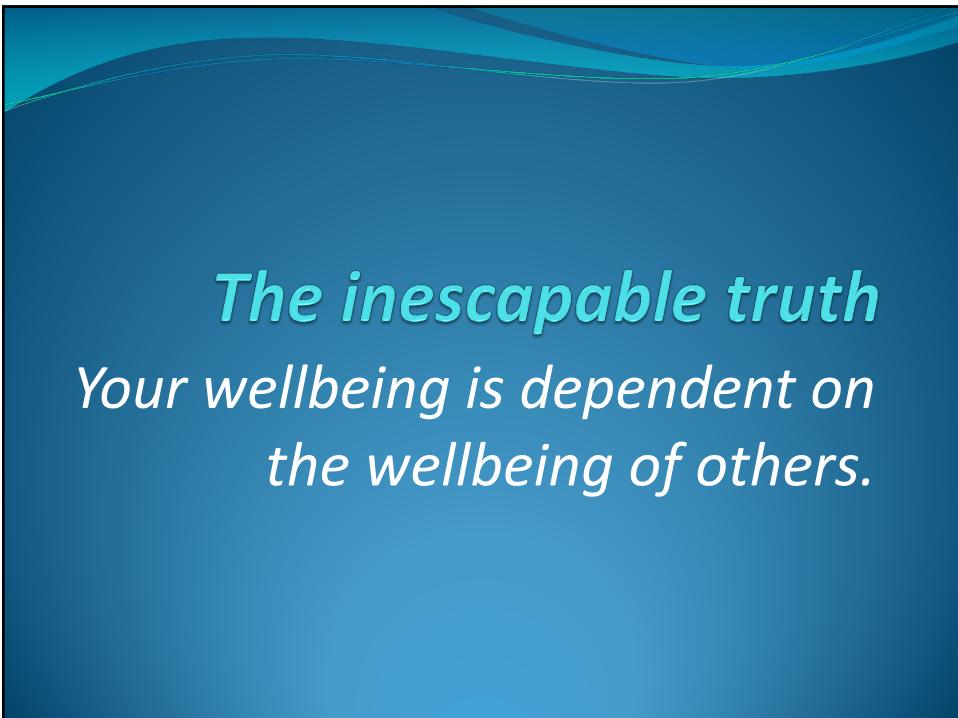
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The inescapable truth

*You are not a separate,
independent individual;*

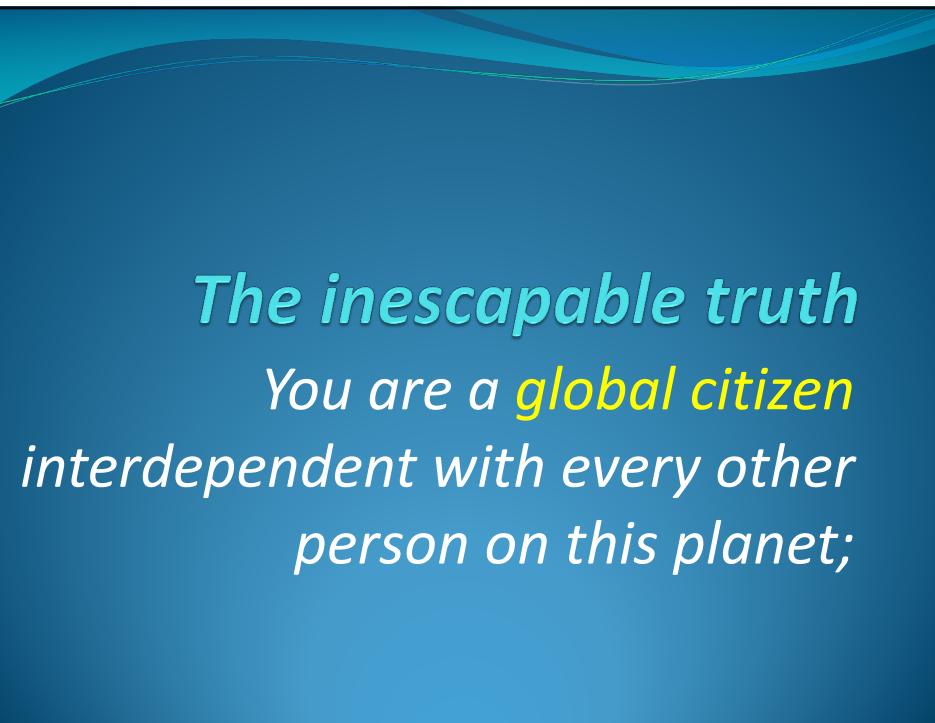
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The inescapable truth

*Your wellbeing is dependent on
the wellbeing of others.*

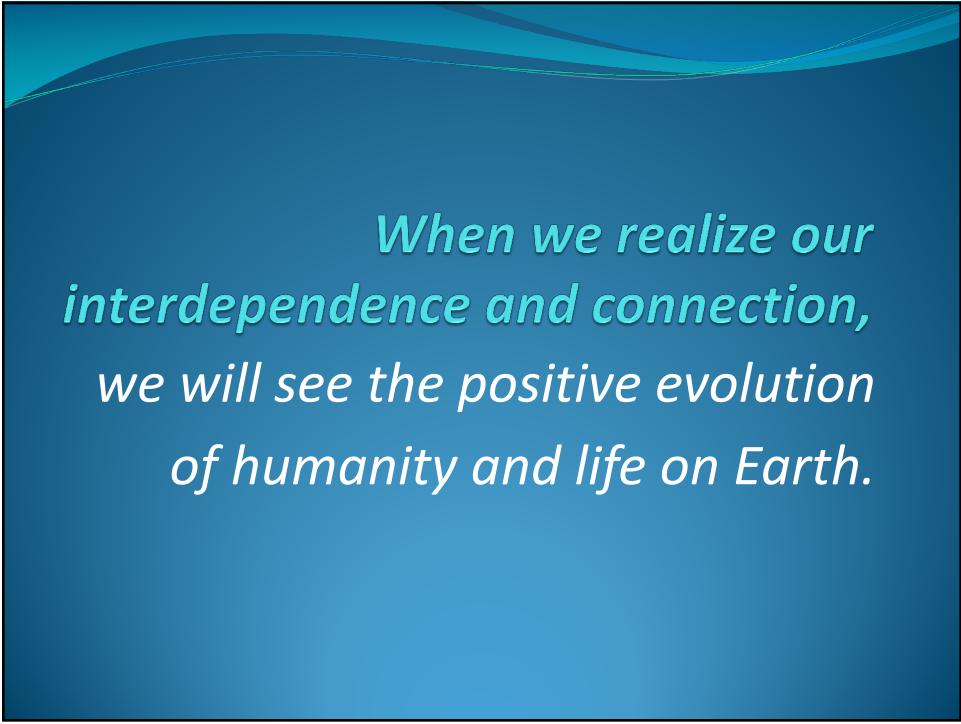
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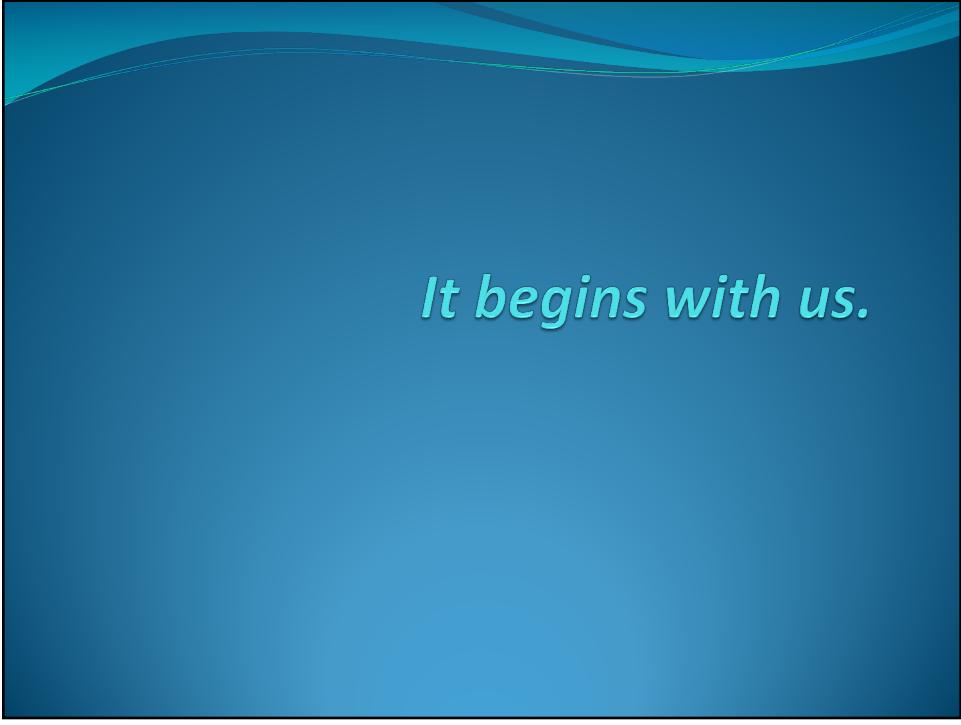


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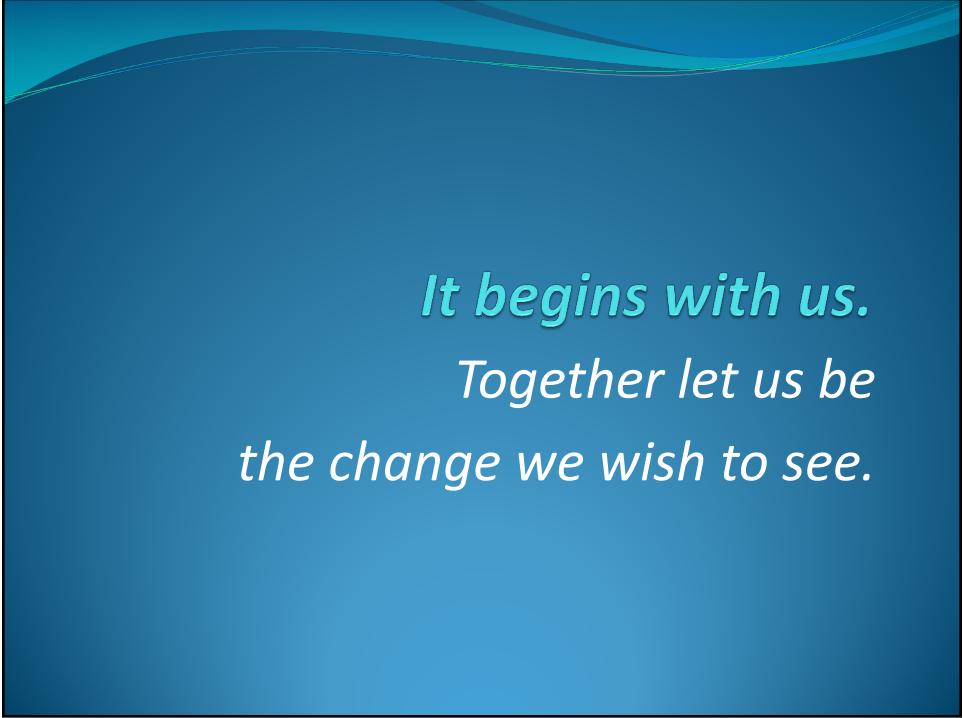
*When we realize our
interdependence and connection,
we will see the positive evolution
of humanity and life on Earth.*

87



It begins with us.

88



It begins with us.

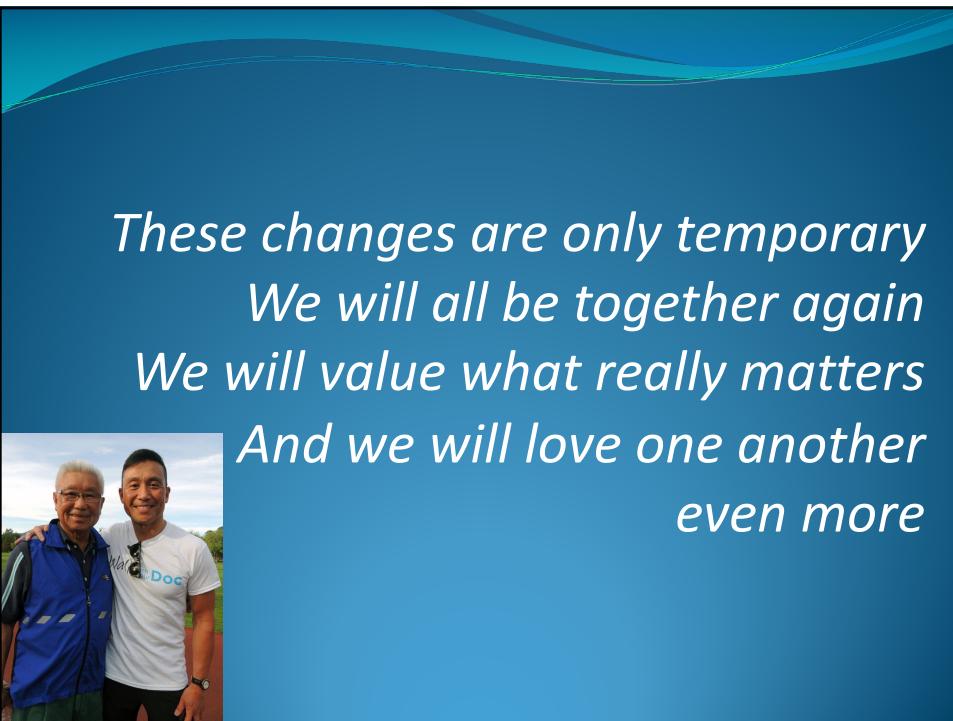
*Together let us be
the change we wish to see.*

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An Exercise in Compassion

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CREATIVE VISUALIZATION

In a deeply relaxed state, engage all of your senses and see yourself achieving your goal

- *See and feel yourself growing calmer and stronger*
- *Feel yourself surrounded by care and compassion*
- *Imagine the better world we will have created*

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Be an Agent of Positive Change
*In your own life,
in our community
and in our world*

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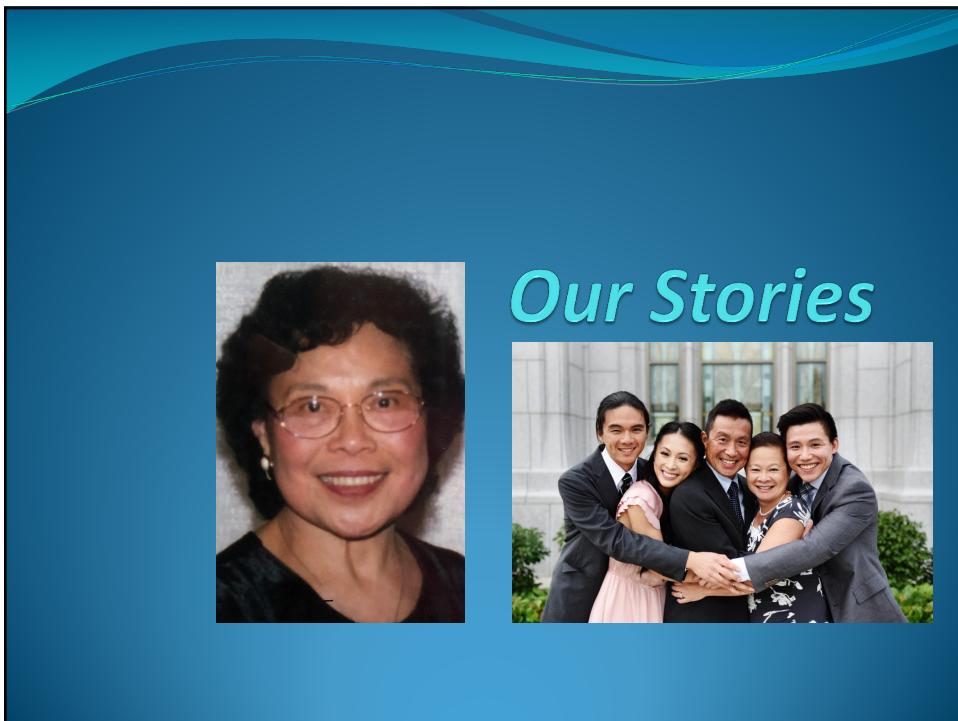
Our Stories

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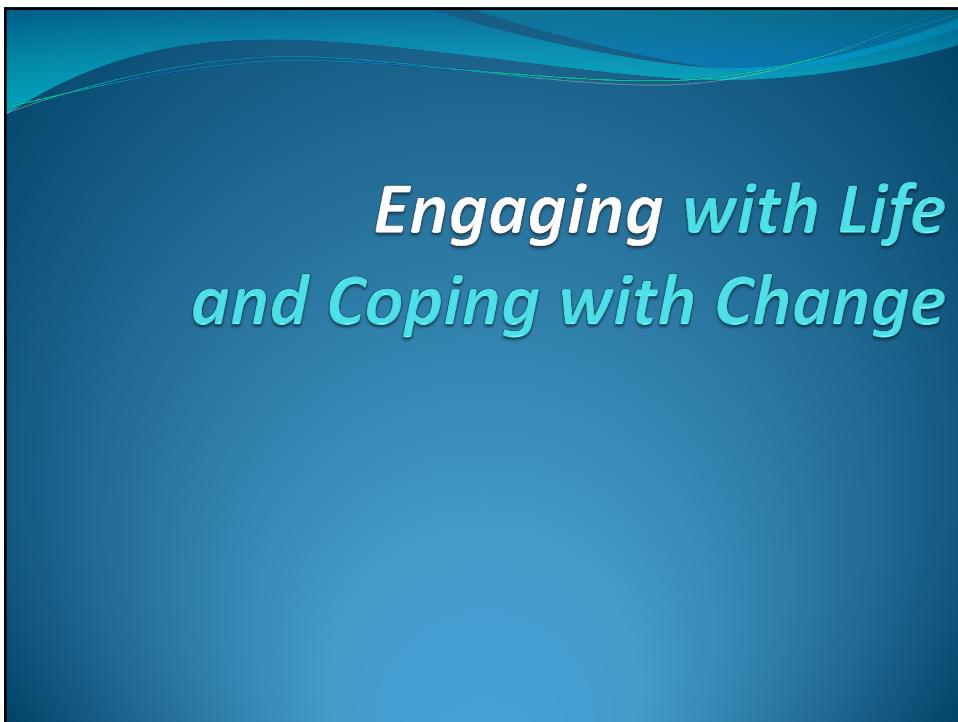


Our Stories

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The Reality of Change

Change is the nature of all things.

It is our very nature.

*It is futile to pursue and cling to anything
that doesn't last. Nothings lasts.*

99

The Reality of Change

*We must appreciate what we have
when we have it .*

100



The Reality of Change

Every gift is not ours to hold forever.

*We must love and appreciate others
while we can and let go when we have to.*

101

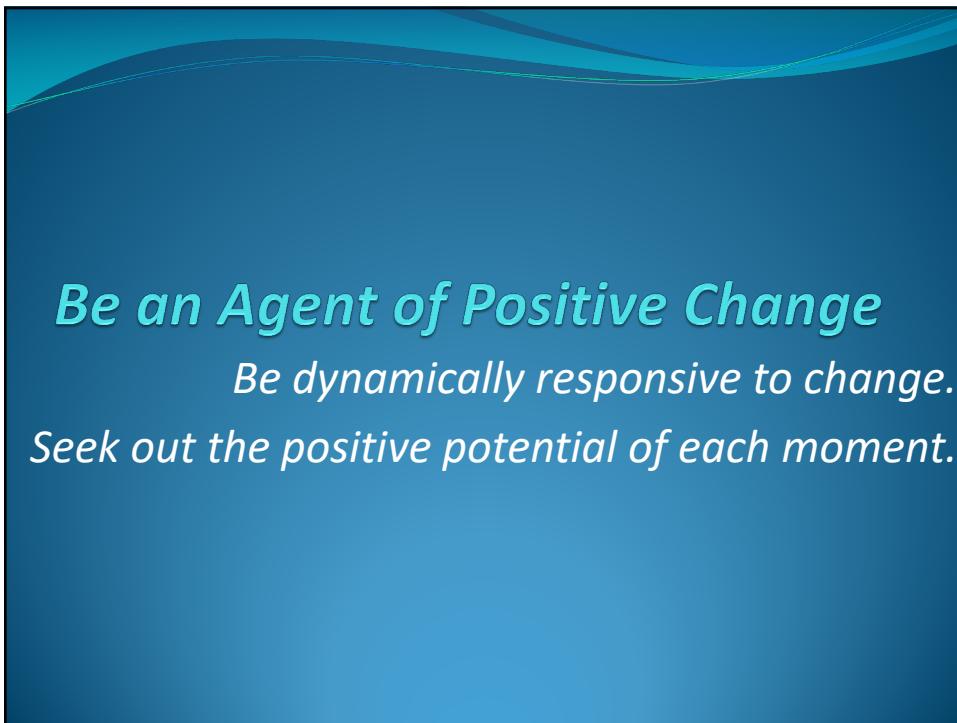


Coping with Change

Accept what you cannot change.

Accept responsibility to change what you can.

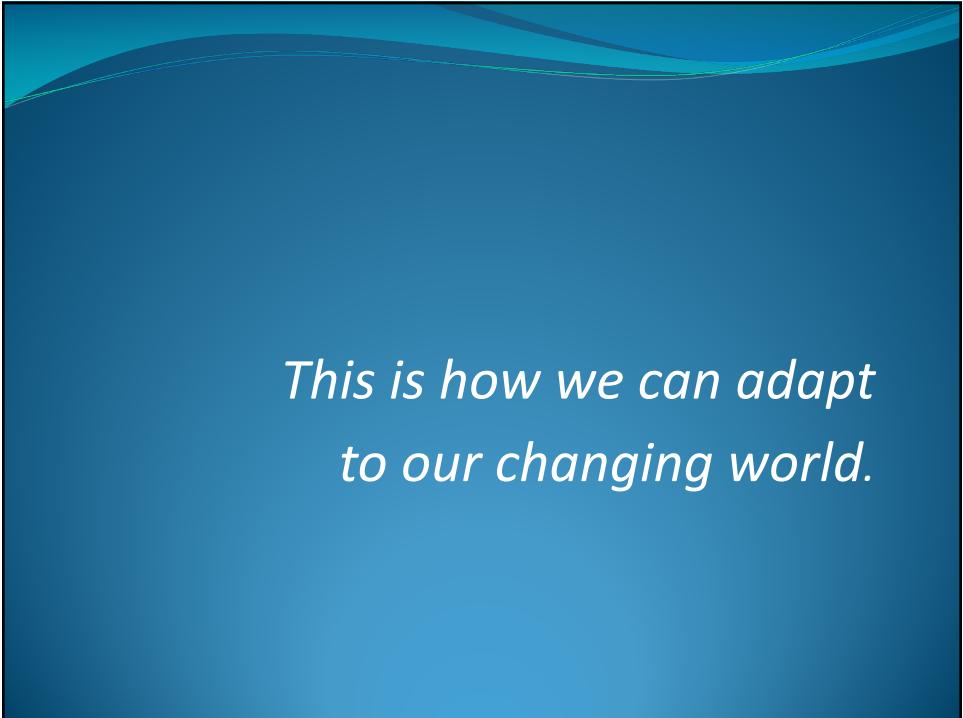
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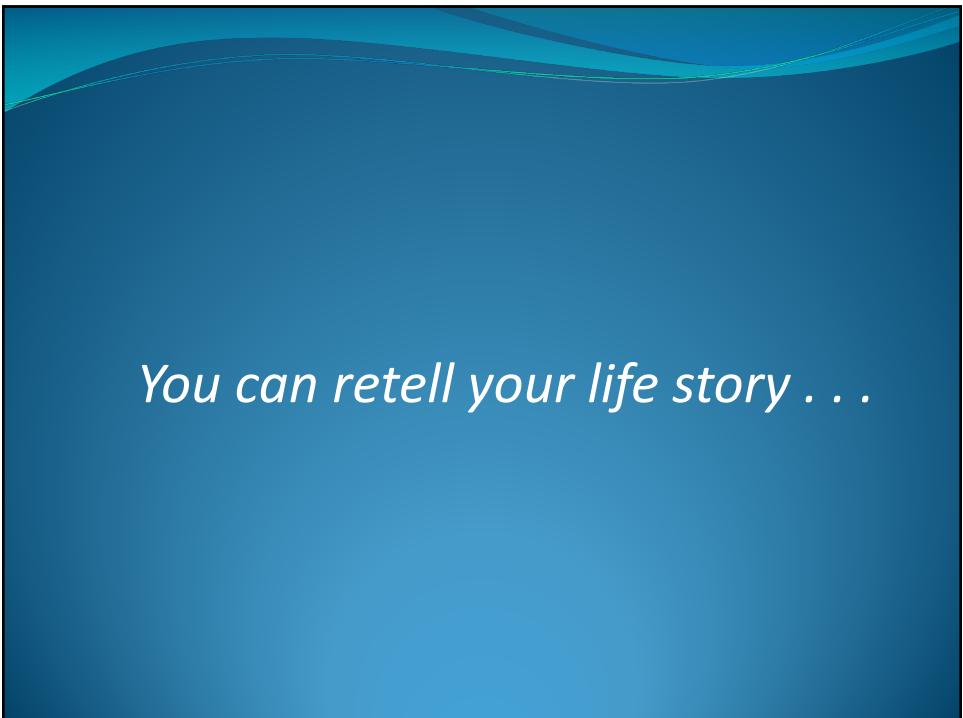


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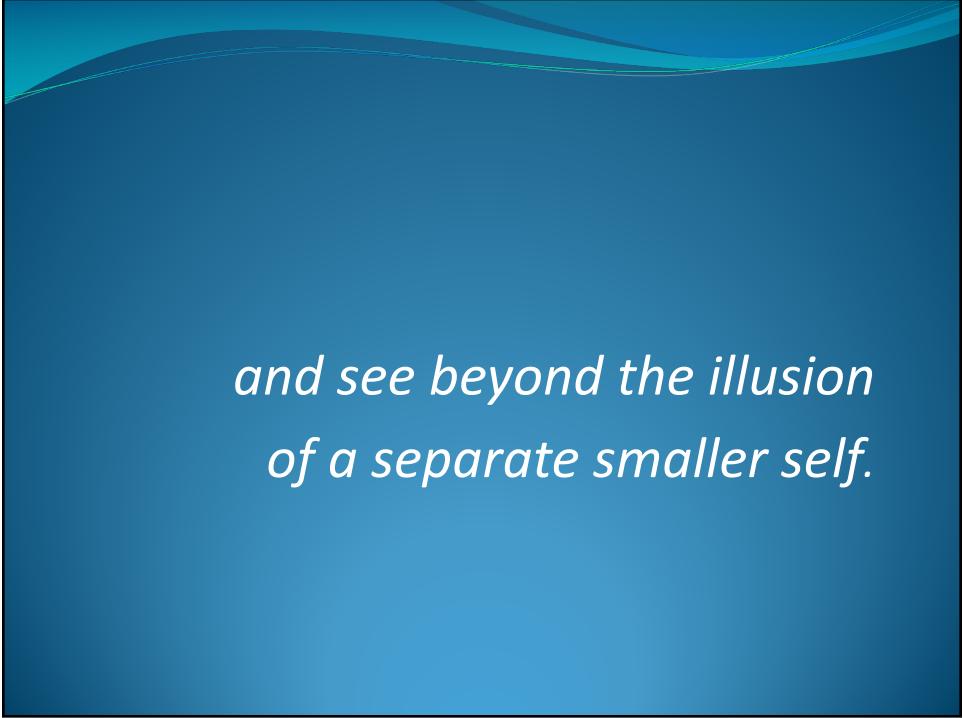
*This is how we can adapt
to our changing world.*

105



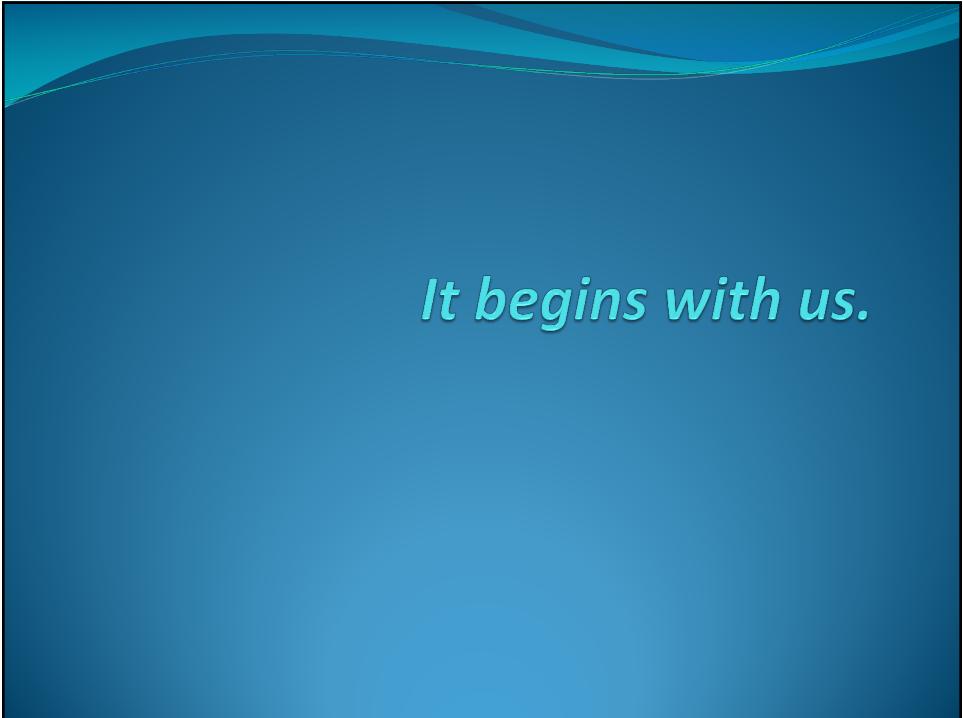
You can retell your life story . . .

106



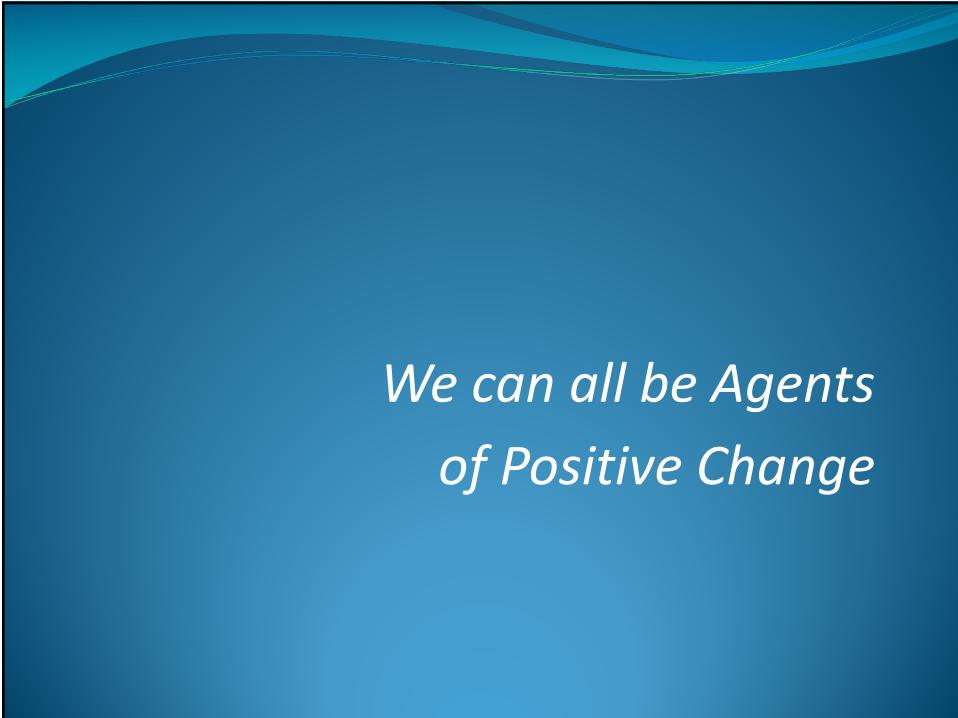
*and see beyond the illusion
of a separate smaller self.*

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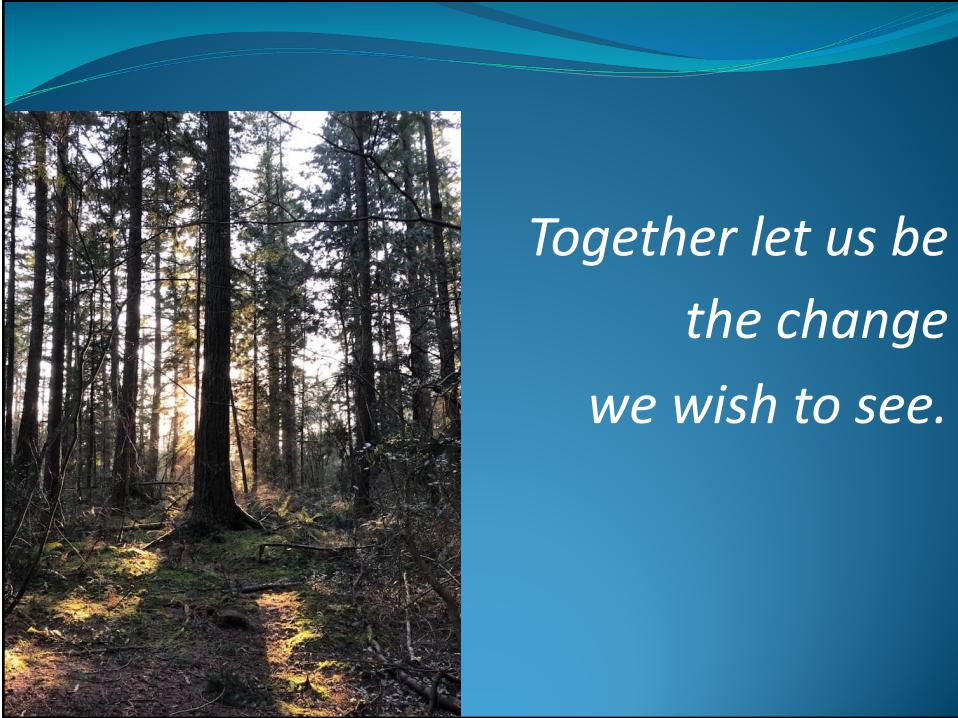
It begins with us.

108



*We can all be Agents
of Positive Change*

109



*Together let us be
the change
we wish to see.*

110