

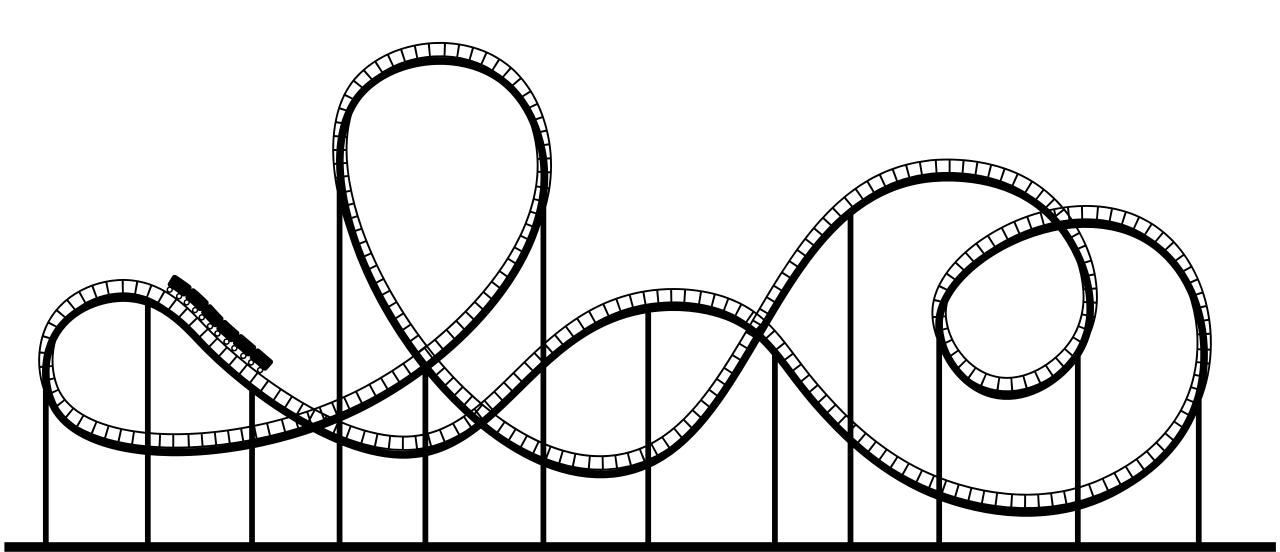
# Coping with life in the NICU in a COVID world



our NICU journey...



### the nicu roller coaster



# Howmany emations can you name?



The ability to recognize, understand and express our emotions in order to make sense of ourselves and our surroundings.



## 87 emations

- Stress
- Overwhelm
- Anxiety
- Worry
- Avoidance
- Excitement
- Dread
- Fear
- Vulnerability
- Awe
- Wonder
- Confusion
- Curiosity
- Interest
- Surprise

- Comparison
- Admiration
- Reverence
- Envy
- Jealously
- Resentment
- Schadenfreude
- Freudenfreude
- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

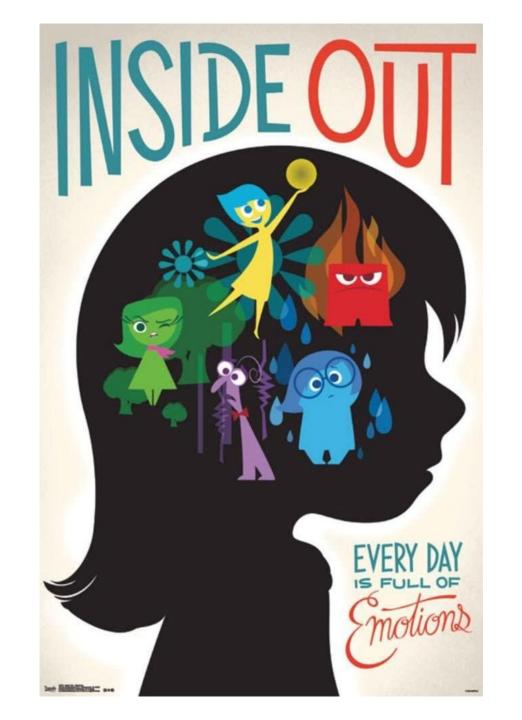
- Boredom
- Disappointment
- Expectations
- Regret
- Discouragement
- Resignation
- Frustration
- Amusement
- Bittersweetness
- Nostalgia
- Cognitive Dissonance
- Paradox
- Irony
- Sarcasm

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative Suffering
- Shame
- Self-Compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment
- Belonging
- Fitting In
- Connection
- Disconnection
- Insecurity
- Invisibility
- Loneliness

- Love
- Lovelessness
- Heartbreak
- Trust
- Self-Trust
- Betrayal
- Defensiveness
- Flooding
- Hurt
- Joy
- Happiness
- Calm
- Contentment
- Gratitude
- Foreboding Joy
- Relief
- Tranquility

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- •Self-Righteousness
- Pride
- Hubris
- Humility





- Joy
- Fear
- Anger
- Saddness
- Disgust



# Coping Skill #2: Connection

A connection is a bond, a link or tie with someone.

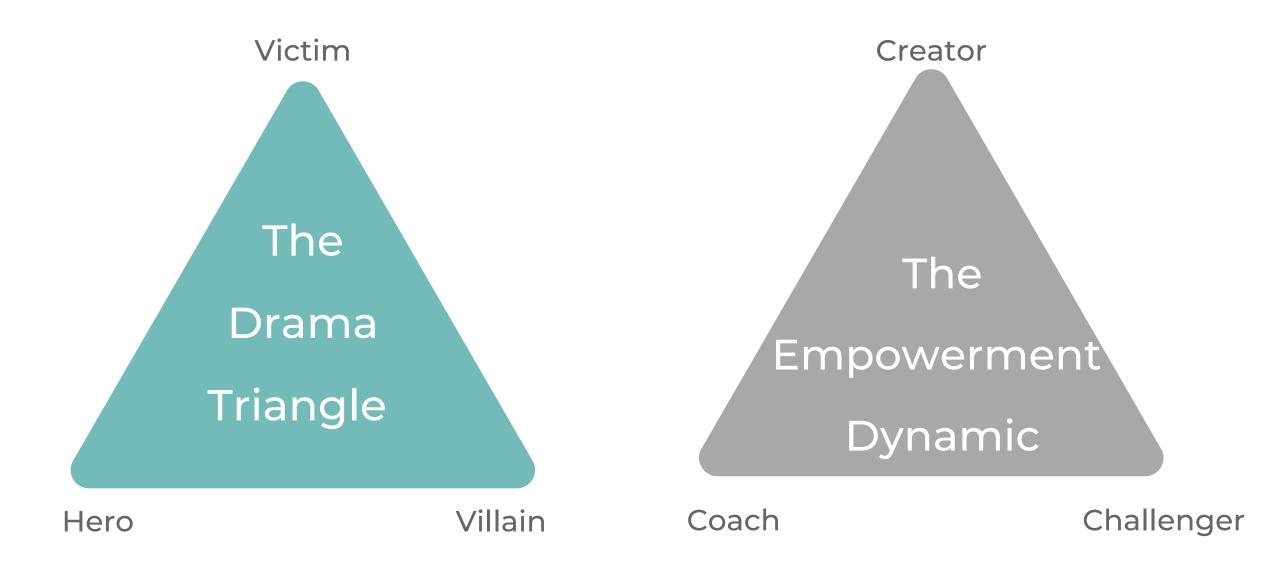


# Barriers to connection with baby in the NICU

- Physical Separation
- Emotional Stresses: anxiety, grief, exhaustion, fear
- Appearance of Infant
- Cords, Wires, lights
- Lack of Privacy

Barriers to closeness in the NICU during COVID:

- All of the above
- Fear of possible transmission of COVID
- Physical barrier of a mask
- Limited Visitor Policies, increasing isolation
- Absence of Support Services



#### **Villains:**

- · Seek to make wrong and blame/punish
- Think and communicate from patterns of blame, righteousness, & criticism
  - Defend beliefs and behaviors
- · Believe events should not have happened
- · Look for others to blame, including self

#### The alternative: Challenger

- Seek out the observable, unarguable behaviors
- Face and accept what is in their control and let go of what is not
  - Face what is no longer of service
- Accept and commit to learn from an event

#### **Victims:**

- · See themselves as powerless
- Resist their emotions and remain at the effect of them
  - · Focus on what they don't want
    - · Don't see choices
  - · See themselves as less than others

#### The alternative: Creator

- See themselves as powerful
- Allow all their emotions to move through them
- Focus on what they want; make requests
- See multiple options; are comfortable with the unknown

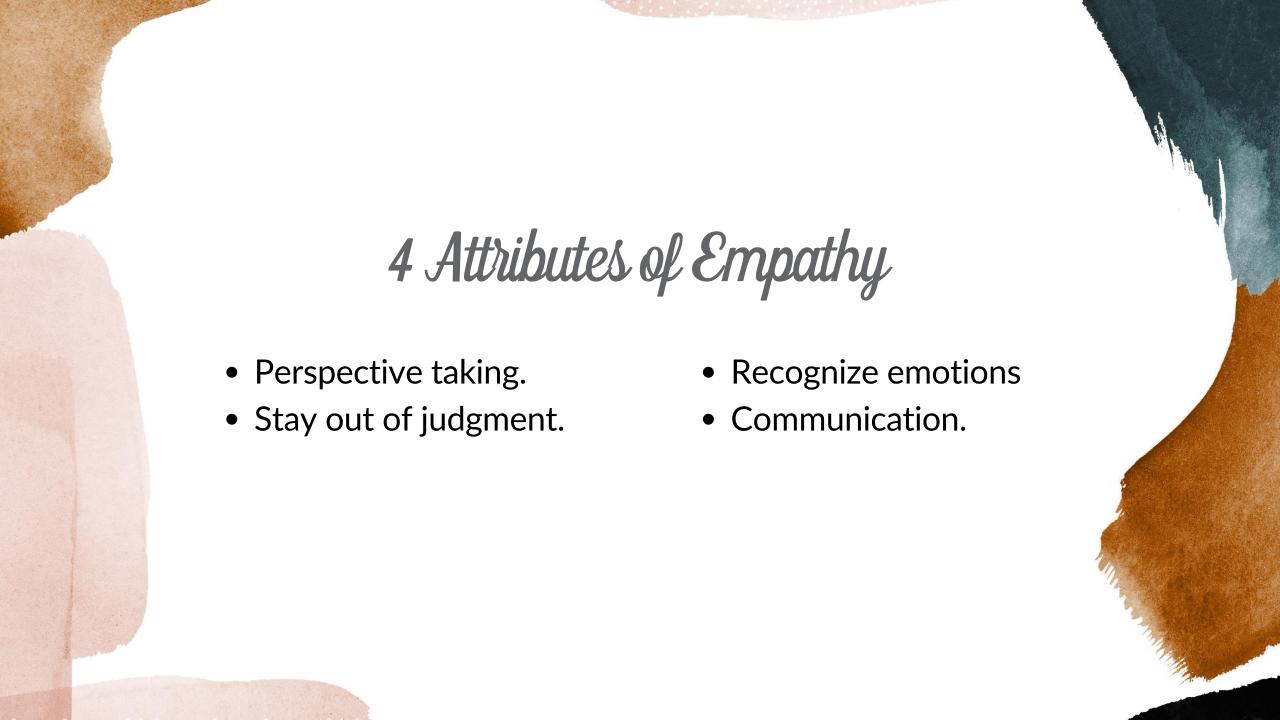
#### Heros:

- · See the other person as less than
- · See situations as problems to be solved
  - Tell others what they should do
  - · Try to 'save' the other person
  - · Help without being asked
  - · Create temporary, unsatisfying fixes

#### The alternative: Coach

- Consider themselves & others as equals/allies
- See situations as opportunities to learn
  - Ask questions and listen deeply
  - Support others in claiming 100% responsibility

# Meeting families where they are. Let's talk about Empathy. Empathy is feeling with people. Empathy is a choice and it is a vulnerable choice.



# A quick list of ways to build correction & trust with families

- SMILE
- 2 LEARN THEIR NAMES
- 3 TELL THEM WHAT IS HAPPENING BEFORE YOU BEGIN
- 1 INCREASE POSITIVITY
- 5 CONNECT: ASK 1 QUESTION ABOUT THEM
- 6 END WITH SOMETHING GOOD



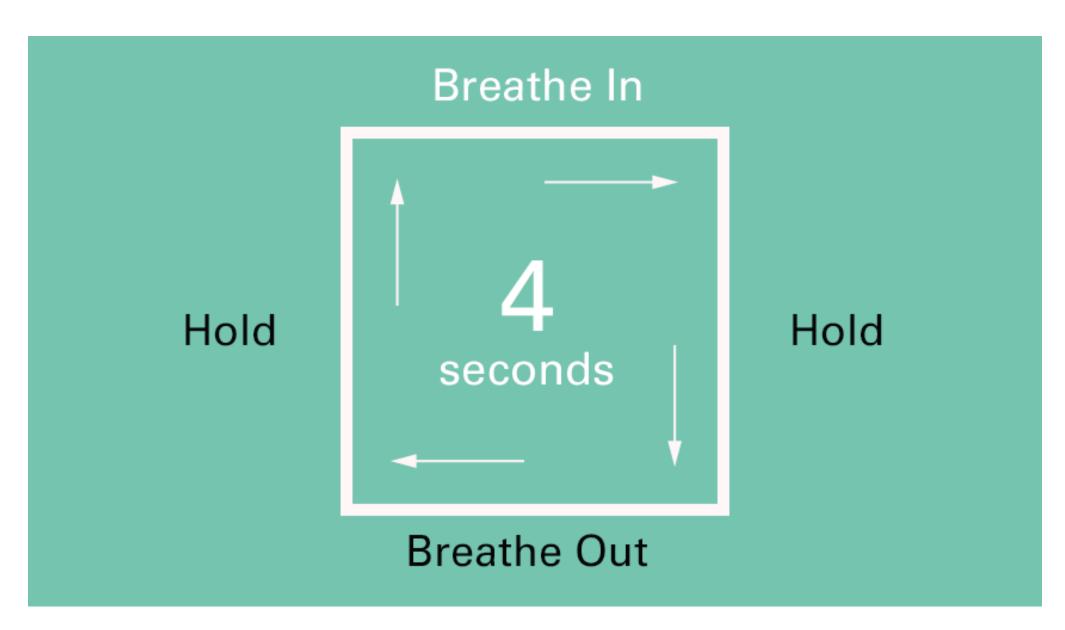


# Coping Skill #3: Breath

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again."

-Thich Nhat Hanh

## The Box Breath



# Benefits of Breathework

- Supports nervous system health
- Decrease in anxiety & depression
- Increase in Happiness
- Improves Sleep
- Improves trauma symptoms & response
- Strengthens ability to regulate emotions

# Coping Skill #4: Self-care

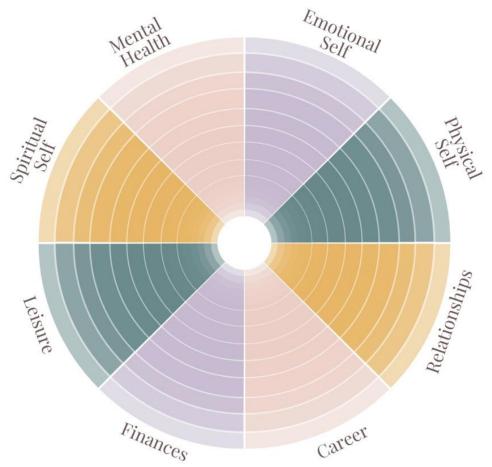
soul -care, self-compassion, mindfullness, a pause





- 1 MOVE YOUR BODY
- 9 GET OUTSIDE
- 3 DRINK MORE WATER
- 4 CULTIVATE GRATITUDE
- 5 PRACTIVE MINDFULNESS
- REST: PAUSE & RECALIBRATE

## Life Balance Wheel



A tool for you to see where you could use a bit more care and attention.

## Meraki

To do something with soul, creativity or love; to put something of yourself into your work





# Questions?