

PANDEMIC PRODUCTIVITY

Getting Things Done
When You Can't




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- + 503 4th St, Suite B in Davis, CA
- + 10 Years Exp. with AOD/probation populations
- + 7 years experience with Depression/Anxiety Issues
- + Mission: Reduce suffering as efficiently as possible.
 - + Focus is on efficient, effective, and resilient results

OVERVIEW

- + COVID Has be Unkind to Humanity
- + Why You Get Stuck
- + How to Loosen Things Up
- + Resources + Requests



COVID Has be Unkind to Humanity

Initial APA surveys
indicate approx 20%
increase in alcohol
consumption (days,
amounts)

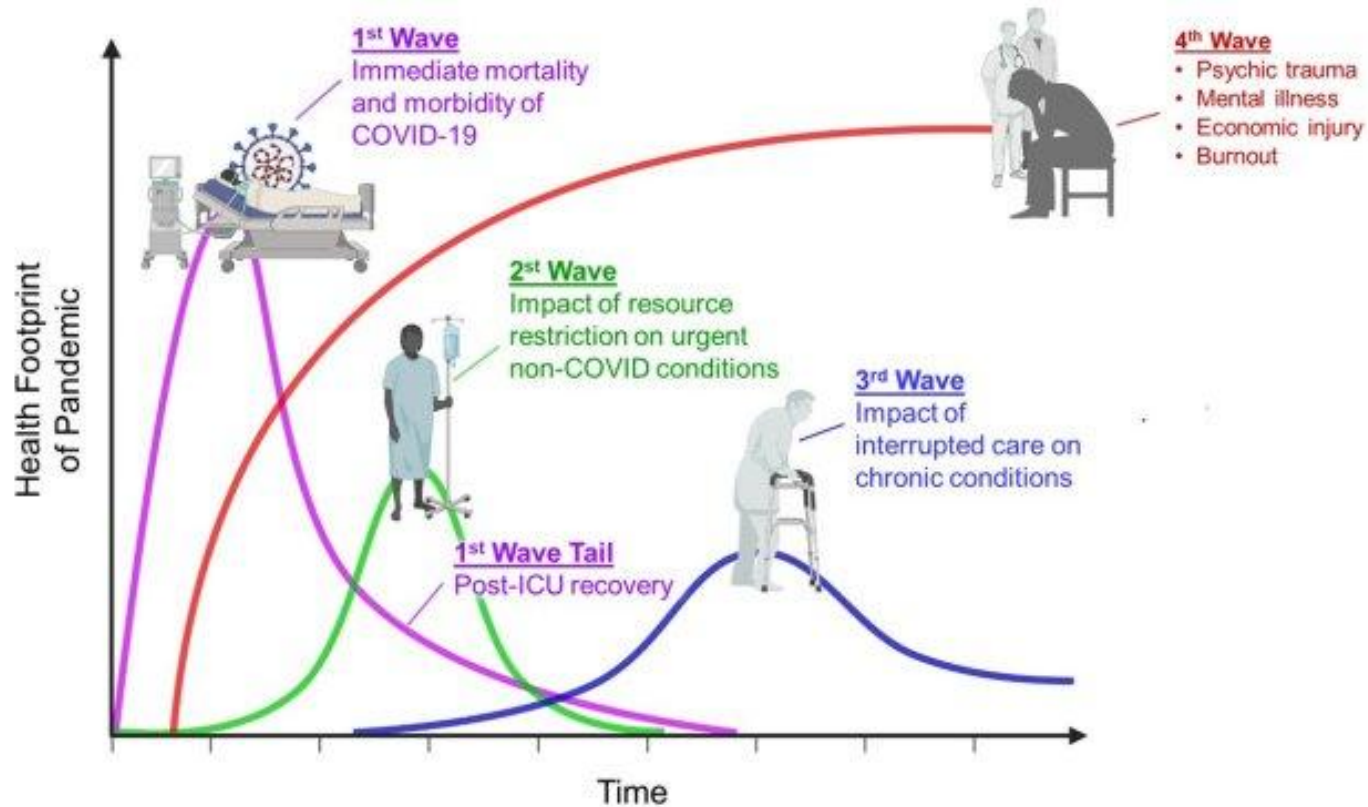
MORE STATS

- + Initial NIH surveys indicate approx 20-25% increase in alcohol consumption (days, amount/wk)
 - + Rates are higher for:
 - + Women
 - + Black Americans
 - + People living with children
 - + People in the Western USA

EVEN MORE STATS

- + On one study, 40% of Americans surveyed reported some depression/anxiety symptoms
 - + Particularly impacting: young adults, unemployed persons, ethnic minorities, essential workers, and unpaid adult caregivers

4th Wave Effects of COVID



NUMEROUS META-STRESSORS

- + COVID
 - + Economic Impacts of COVID
 - + Increased social isolation
 - + Disruption of typical stress-relieving activities
 - + Every aspect of life is more complex w/ added steps
- + Race and policing protests and counter-protests
- + Political rhetoric is very divisive
- + Increasing distrust in government institutions
- + Crisis of truth/fact
- + Work adaptations often are more fatiguing

REMEMBER. EVERYTHING
REQUIRES MORE EFFORT
RIGHT NOW SO YOUR
CAPACITIES WILL BE LESS



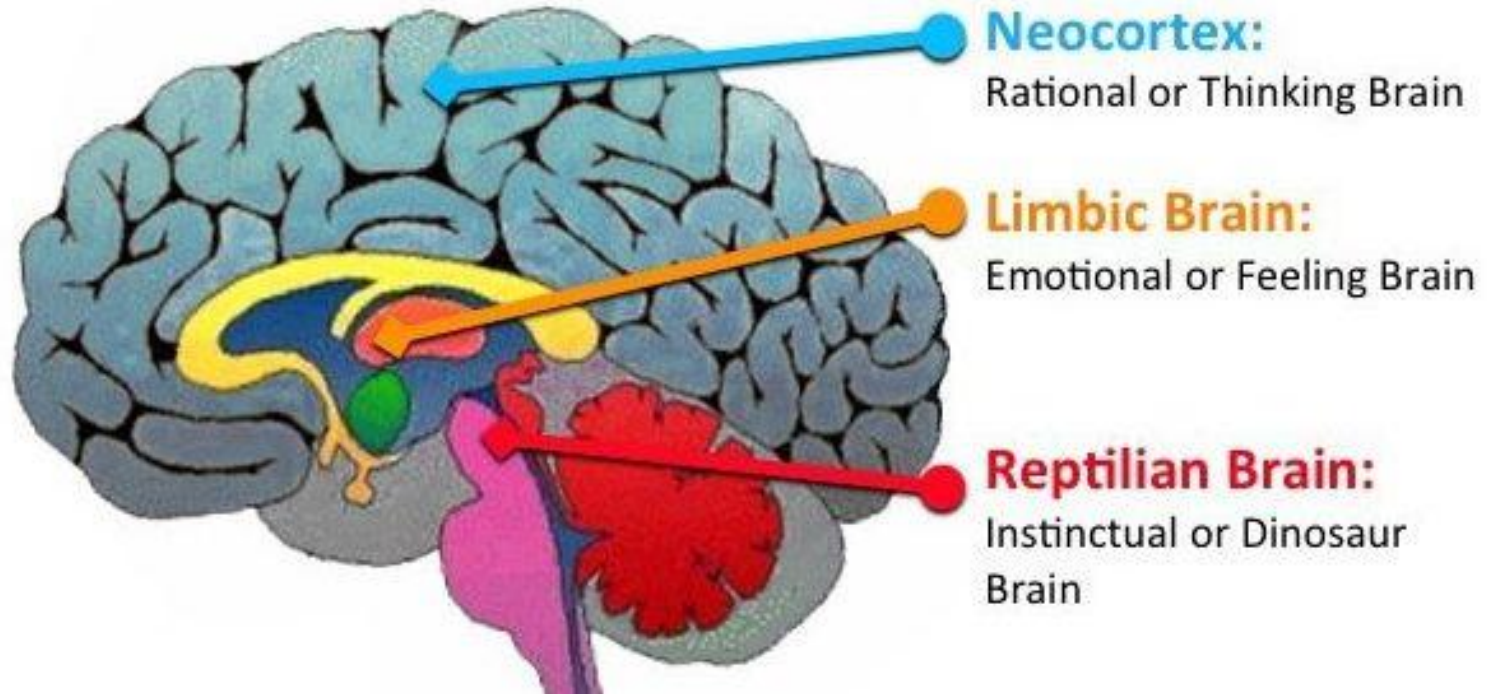
YOU ARE A FINITE BEING WITH FINITE CAPACITIES

A man with short dark hair, wearing an orange t-shirt, is sitting in a meditative lotus position inside a cave. He has his eyes closed and a calm expression. His hands are resting in his lap in a mudra. The cave walls are made of layered, reddish-brown rock. The lighting is soft, highlighting the man's face and the texture of the rock.

WHY YOU GET STUCK

PROCRASTINATION IS
NOT AN ISSUE OF
CHARACTER, IT IS AN
ISSUE OF **EMOTIONS**

NEOCORTEX VS LIMBIC SYSTEM





IF YOU'RE NOTICING
GREATER IMPULSIVITY,
YOUR LIMBIC SYSTEM
IS RULING AND YOU
ARE STRESSED (HALT).

NOTICE IF YOU'RE...

- + More agitated by the people in your life
- + Spacing out or disengaging
- + Carrying more tension in your body
- + Thinking negative thoughts about people
- + Increasingly harsh with yourself
- + Sharp/harsh with loved ones or friends

FOR THOSE WHO LIKE CONCRETE

DASS-21 (see website on handout, or search)

<https://www.claritycounseling.co/depression-anxiety-stress-calculato>



A top-down view of various fitness equipment on a white marble surface. On the left is a red resistance band with two grey foam handles. In the upper right are two purple dumbbells. In the lower center is a folded teal resistance band. In the lower right is a blue foam roller with two spheres. A dark grey horizontal bar with white text is overlaid across the middle of the image.

HOW TO LOOSEN THINGS UP

Since it's an emotional problem, we need to...

- + Become aware of what our emotions are communicating to us
- + Collaborate with differing emotions
- + Think in terms of carrots and not sticks

NOTE: Trying “not do it anymore” (AKA willing yourself) or suppressing often makes things worse over time. It is your frontal lobe trying to exert force over your limbic system, and it will inevitably fail.

Exercise - Part 1

NOTICE YOUR THOUGHTS,
FEELINGS, OR SENSATIONS
WHEN THINKING ABOUT
WORKING AND WRITE THEM
DOWN ON PAPER

DID YOU NOTICE A DUALITY?

GET THE WORK DONE

“Don’t be irresponsible”

“You’re being lazy”

“You never want to work”

“You always do this”

“Why do you always do this to yourself?”

DO ANYTHING ELSE

“This sounds so boring”

“This is a waste of time”

“This is busy work”

“I don’t care about this”

“This is pointless”

“You can easily do this later”

Exercise - Part 2

NOTICE AGAIN, AND
LISTEN FOR THE DUALITY

Curiosity is Your Best Tool

- + Curiosity is trying to understand without an agenda
 - + What/How questions
 - + Labeling (Emotions, Values, Characteristics)
- + Didactic journal with whatever is coming up and keep the focus internal

Exercise - Part 3

Follow the Loudest Internal Voice/Feeling

1. Get Work Done? Or Do Anything Else?
2. Show curiosity toward one perspective
3. Talk to it as if another person
4. Use what/how questions + labeling
5. Notice the response (thoughts, emotions, or sensations)
6. Do it until epiphany
7. Show compassion and gratitude
8. Listen for the other perspective

RESOURCES

- + Clarity Website Blog
- + Self-Guided Healing (Coming Soon)
- + Future webinars

REQUESTS

- + If enjoyed, tell your friends, family, or colleagues
- + Consider completing the post-webinar evaluation