MENTAL AND SPIRITUAL HEALTH DURING A PANDEMIC
VIDEO SERIES

Reducing Interpersonal Tensions during a Pandemic
Handout to accompany video | Emily Cash, Psy.D.
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IMPACT OF STRESS ON RELATIONSHIPS IN COMMUNITY
• Increase in anxiety, irritability, symptoms of depression
• Uptick in chronic pain issues, somatic presentation....so we physically feel worse
• Decrease in satisfaction
  – With relationships
  – With self
• Disenchantment with institution or organization
• Increase sense of insecurity, mistrust and paranoia; towards other members and towards leadership

UNIQUE CHALLENGES IN COMMUNITY LIFE
• Intense experiences of togetherness that feel abnormal
• Become keenly aware of limitations, vulnerabilities, idiosyncrasies of others and these observations are viewed under a microscope
• Old dynamics die hard
• History weighs heavily; tendency to gravitate to absolute statements like, “He always....” Or “He never.....”

STRATEGIES FOR MANAGING INTERPERSONAL TENSIONS
1. Pay attention to boundaries both in terms of your relationships/interactions with others and in how you care for yourself
   a. Take care of yourself by attending to your:
      i. Emotional health
      ii. Interpersonal (relational) health
      iii. Spiritual health
      iv. Physical health
   b. **PUT MONEY IN THESE FOUR BANKS EVERY DAY**
   b. Take care of your relationships
      i. Intentional connections daily with life-giving relationships
      ii. Greet brothers with kind eyes and a compassionate heart
      iii. Gently limit interactions with community members who are activating and work on cultivating greater interpersonal tolerance for these individuals
         a. Tangible strategies: deep breathing, praying for them, writing them a kind note, proactively asking them about their interests
         a. **Challenge the negative narrative in your heart**


2. **Count your Sums**  
   a. Ground each day in a tangible experience of gratitude

3. **Look for Bright Spots and Landmines**  
   a. Identify bright spots and ways to continue doing more of these things  
   b. Identify landmines and identify ways to avoid or prepare for these in healthier ways

4. **What does my Healthiest Self look like?**  
   a. What do I need to do to get there?

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