

HOW NOT TO WORRY

THE TWO-SCREEN METHOD®

Managing Anxiety in the Age of COVID-19



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Bookshelf to Couch
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COMMON COVID-19 CONCERNS

How do I keep myself & my family safe & healthy?

- How often should I disinfect?
- How much zinc & vitamin C should I take?

What if my spouse & I both get sick? Who'll take care of the kids?

What if I lose my job?

What if we're headed into another Great Depression?

Is this tickle in the back of my throat the coronavirus?

Should I go to the grocery today?



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WHAT IS MINDFULNESS?

- Kabat-Zinn's definition:
 - "Paying attention in a particular way; on purpose, in the present moment, and non-judgmentally" (*Wherever You Go There You Are*, p. 4)
- Carson, et al definition:
 - "[Mindfulness] is a perspective on thoughts and feelings that cultivates recognition of them as passing events in the mind rather than identifying with them or treating them as necessary reflections of reality" (Carson, Carson, Gil & Baucom, 2004, p. 472)



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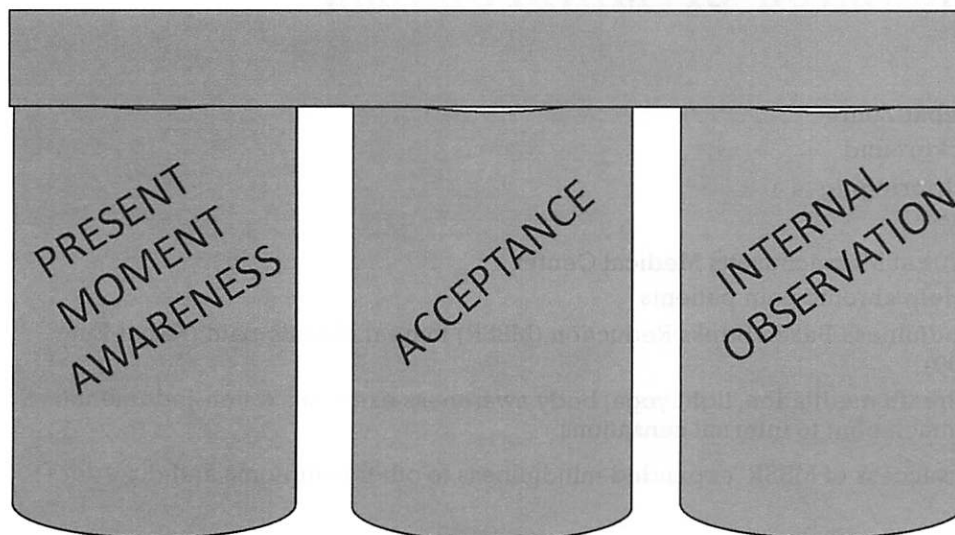
OUR DEFINITION OF MINDFULNESS

The process of keeping one's mind in the present moment, while staying non-judgmentally detached from potentially destructive thoughts and feelings

(Symington & Symington, 2012, p. 71)

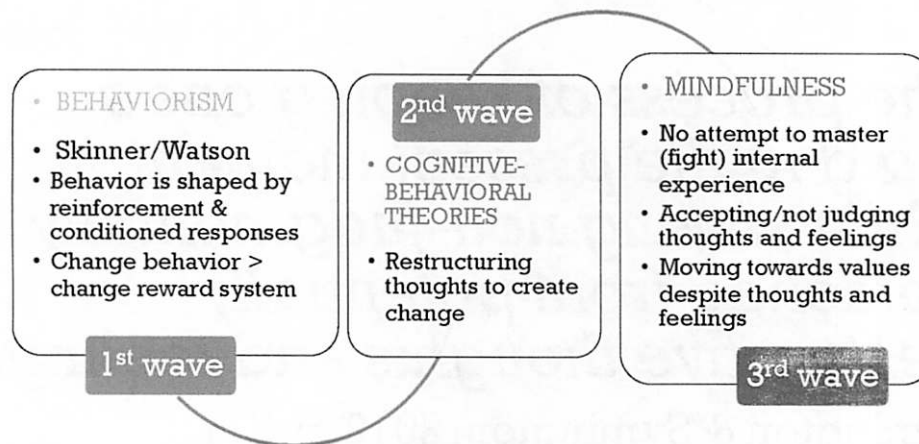
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3 PILLARS OF MINDFULNESS



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MINDFULNESS: THE 3RD WAVE OF BEHAVIORISM




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EMERGENCE OF MINDFULNESS

- Jon Kabat-Zinn
 - Background
 - Upbringing
 - MIT
 - 1970s at Massachusetts Medical Center
 - Help chronic pain patients
 - Mindfulness-Based Stress Reduction (MBSR) to treat chronic pain (Kabat-Zinn, 1990)
 - Breath meditation, light yoga, body awareness exercises & non-judgmental attachment to internal sensations
- Early success of MBSR expanded mindfulness to other symptoms and disorders

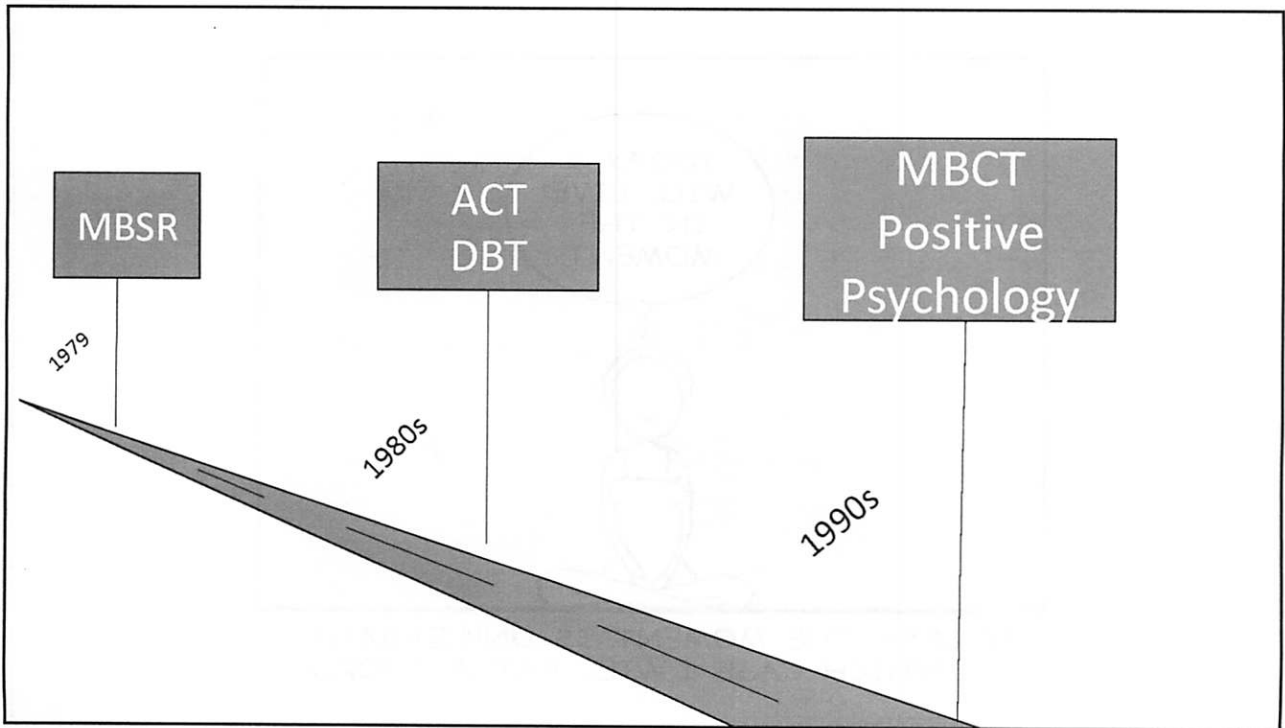
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- Depression
- Anxiety
- Chronic Pain
- Borderline Personality Disorder
- Cancer Side-Effects
- Eating Disorders
- Sexual dysfunction (2010)

✦ Althof, 2010; Foley et al., 2010; Hoffman et al., 2010; Kabat-Zinn et al., 1992; Kristeller & Hallet, 1999; Linehan, 1993; Speca et al., 2000

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BENEFITS OF MINDFULNESS

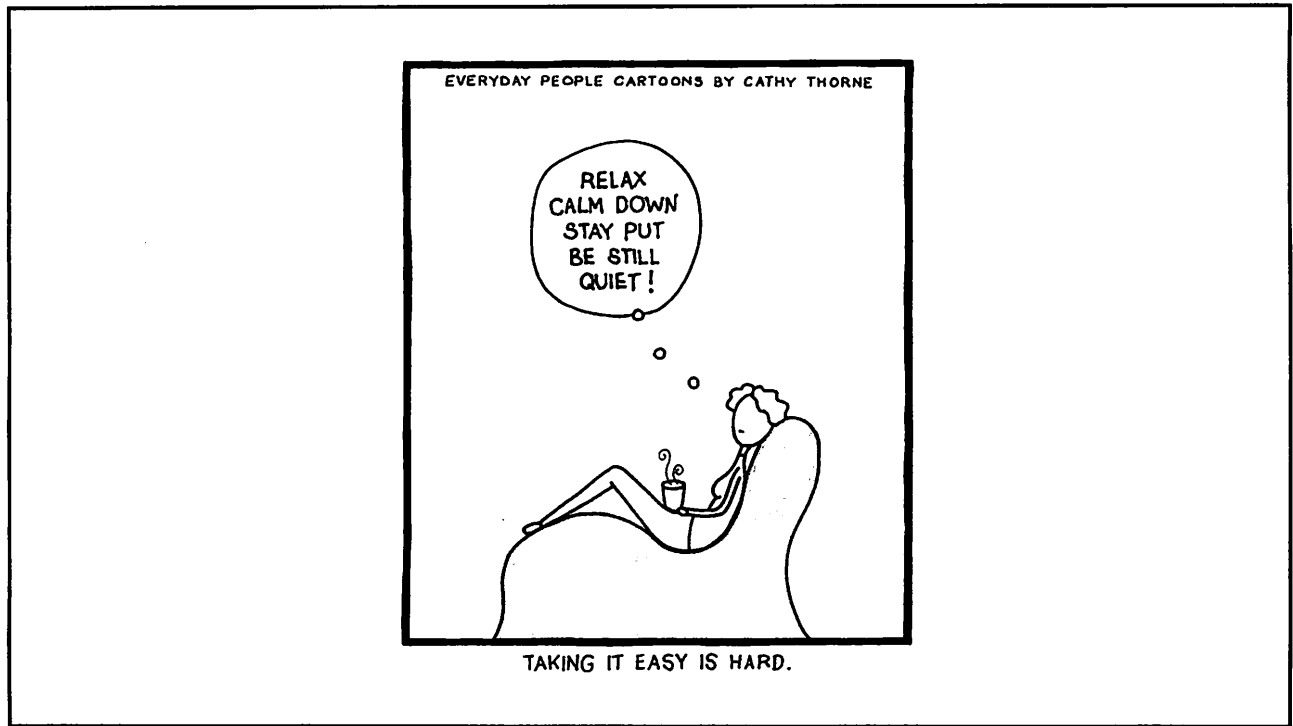
- *Lowers baseline stress
- *Relieves anxiety & depressive symptoms
- *Relieves symptoms & subjective reports of physical & emotional pain
- *Increased capacity for value-based actions
- *Increased sense of wellbeing
- *Althof, 210; Farb et al. 2010; Hoffman et al. 2010; Juarisco, Forman, & Herbert, 2010; Kristeller & Hallet, 1999; Towohig et al., 2010; Ost, 2008; Hayes, Luoma, Bond, Masuda, & Lillis, 2006; Kabat-Zinn et al., 1991*

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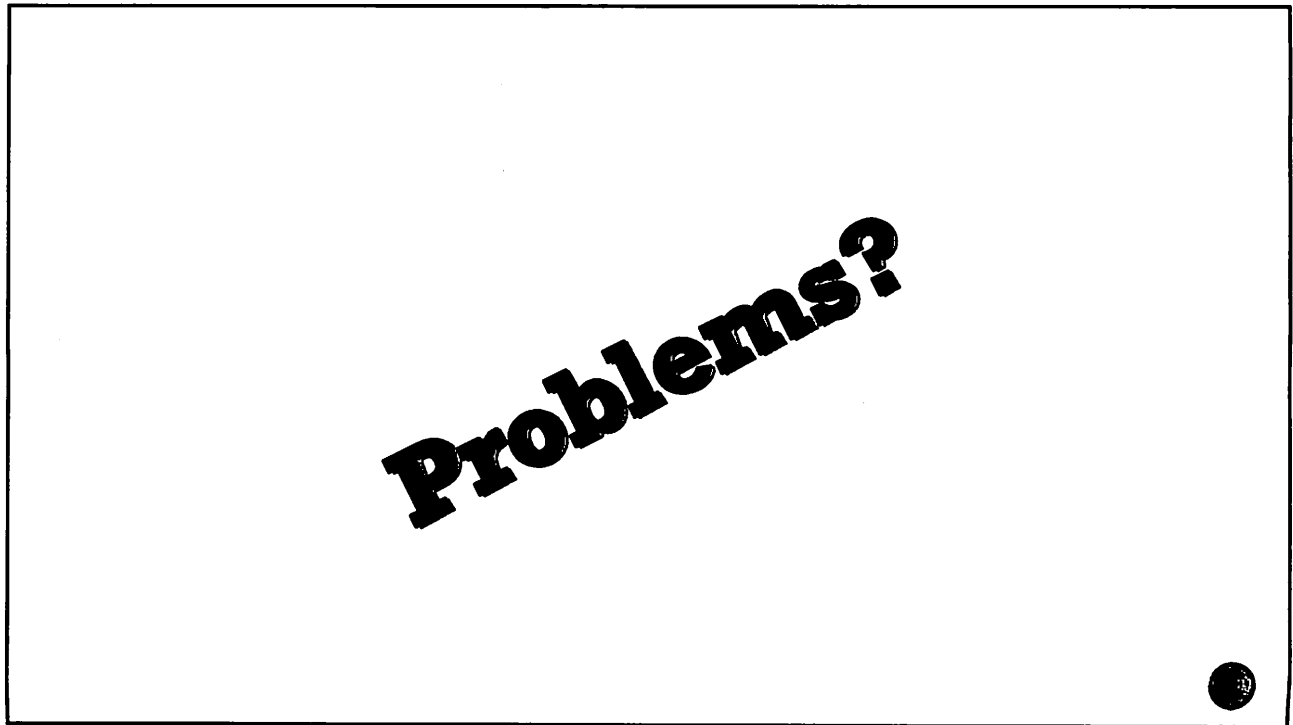


UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE

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DEFINITION OF MINDFULNESS

What is Acceptance?

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Challenges with Mindfulness

- Committing & maintaining mindfulness practice
 - MBSR
- Translating mindfulness principles into a language that clients can understand & apply
 - "Accept the anxious thoughts and feelings but don't focus on them"
- Applying mindfulness in charged emotional spaces
- Indirect skill set versus direct intervention

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The Two-Screen Method

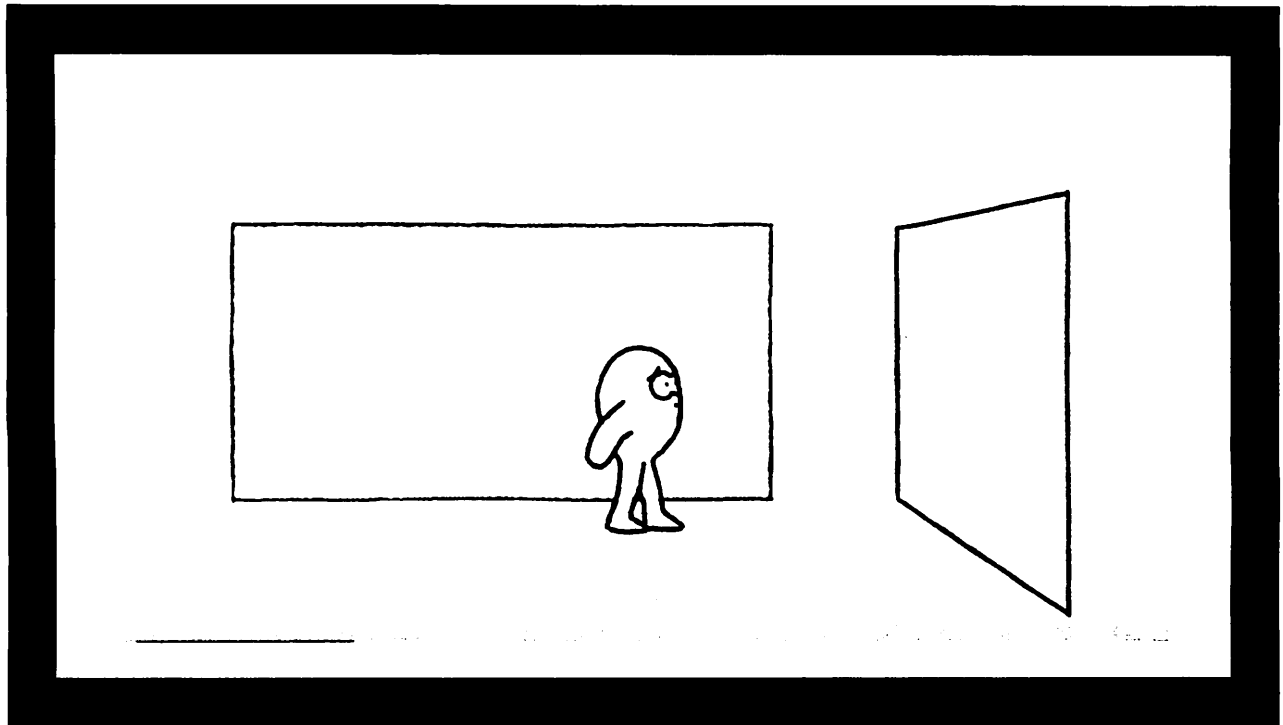


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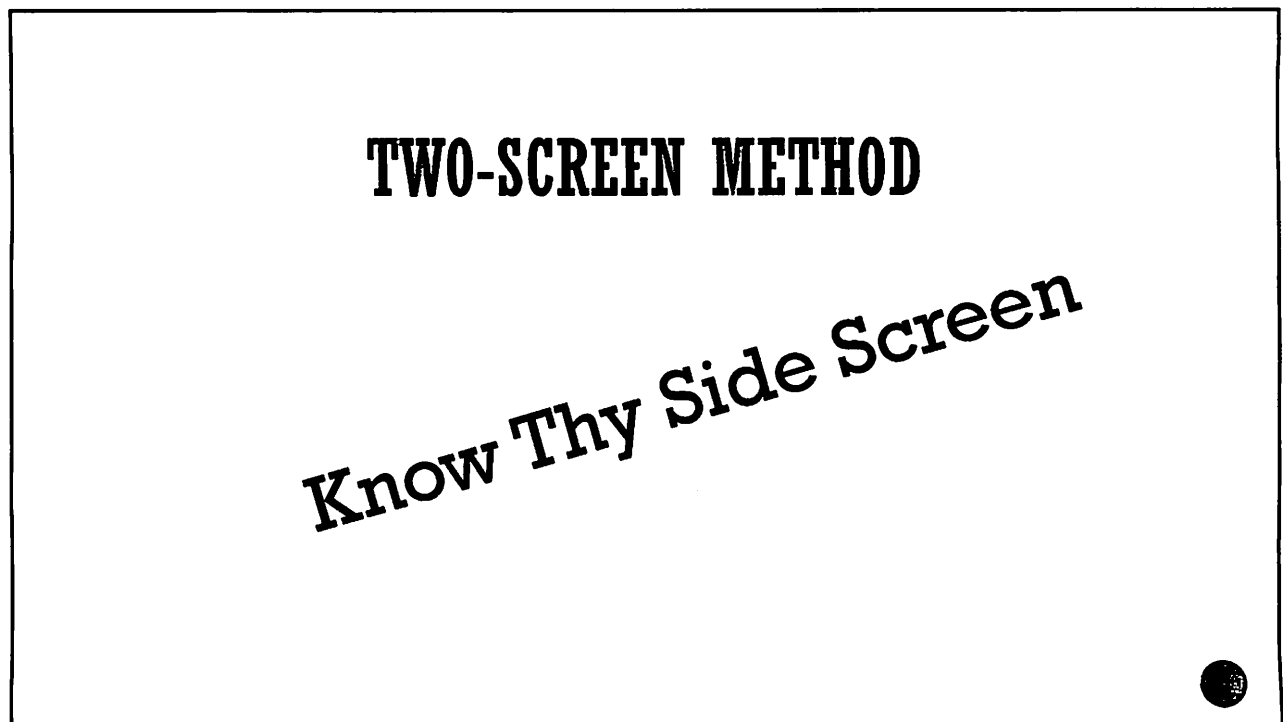
The Two-Screen Method



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My Side Screen

| | |
|-------------------------|---------------------|
| Common Worries? | specific thoughts |
| | themes |
| Triggers? | situations |
| | times of day |
| | issues |
| What does it feel like? | label the emotion |
| | physical sensations |

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Is this (issue of concern) something I tend to overthink or worry about?

Does this experience feel familiar—remind me of past anxious episodes?

Does it feel like I can't let this concern go?

Realistically, will more thinking move me closer to a solution right now?

Am I looking for an emotional guarantee that everything will be okay?

Is my thinking taking me away from something important right now?

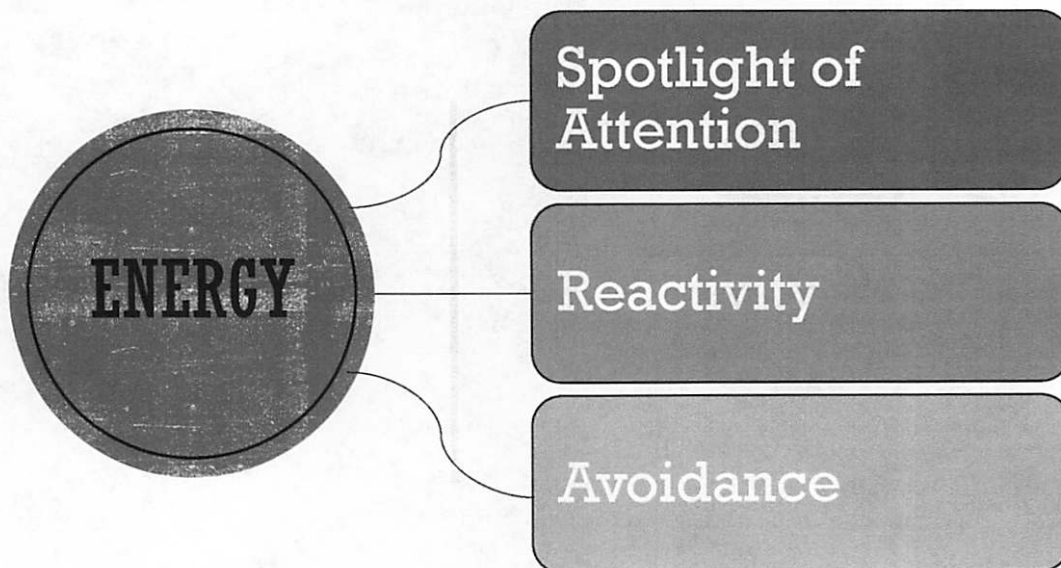
Will thinking more about this issue right now, increase my stress level and interfere with good self-care, such as getting a good night sleep?

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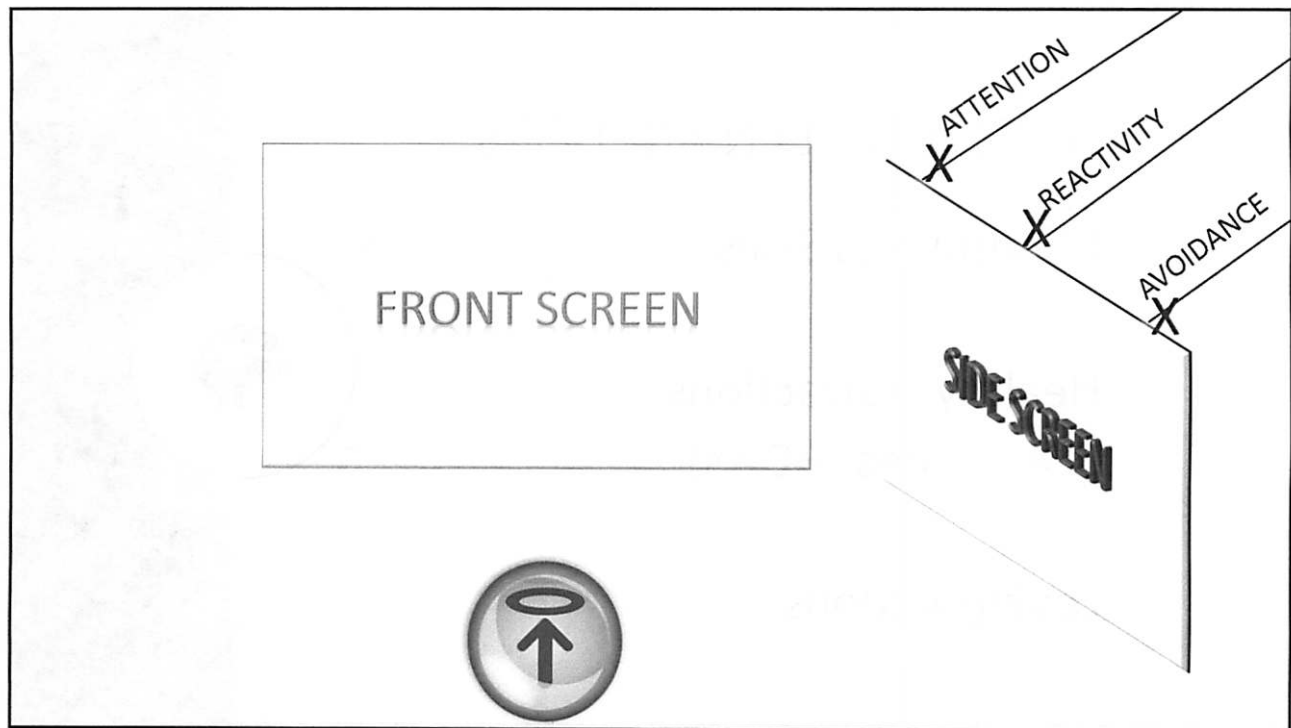
TWO-SCREEN METHOD

▪Step 1: Accept & Redirect

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TWO-SCREEN METHOD

▪Step 2: **UTILIZE**
FRONT SCREEN ANCHORS

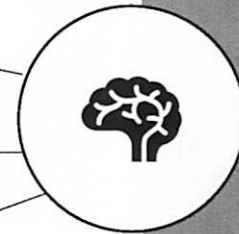
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FRONT SCREEN ANCHORS

Mindfulness Skills

Healthy Distractions
& Activities (HDA's)

Loving-Actions



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MINDFULNESS SKILLS ANCHOR

With Present-Moment Awareness...

1) Protection
from Side
Screen

2) Decrease
Stress &
Increase
Wellbeing

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Developing Mindfulness Skills Anchor

- 1) General Mindfulness Training
- 2) In-the-moment Strategies

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MINDFULNESS ANCHOR

GENERAL MINDFULNESS TRAINING

- **MINDFULNESS EXERCISES**
 - Focused Breathing Awareness
 - Box Breathing
- **Daily Activities with Mindfulness**
 - Washing dishes
 - Mindful driving

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MINDFULNESS ANCHOR CONT.

MINDFULNESS IN CHALLENGING MOMENTS

- Grounding Skills
- Hyperfocusing on an aspect of external environment
- Healthy Distractions (w/mindfulness)

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1

1) Take a Deep
Breath

2

2) Feel your Feet
on the Ground

3

3) Open up Scope
of Awareness

QUICK MINDFULNESS STRATEGY


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Mindfulness Skills Anchor

| | |
|--------------------|---|
| Acceptance | "I accept this current feeling." |
| Redirect Attention | Gently Keep Redirecting to Front Screen |
| Present Moment | Fully Engage Present Task |

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Healthy Distractions & Activities Anchor



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Healthy Distractions & Activities (HDA's)

| Physical Activity | Pleasurable | Enlivening |
|-------------------|-------------------------|--------------------|
| Swim | Watch Comedy | Take a Masterclass |
| Run | Play musical instrument | Cook New Dish |
| Stretch | Take Bath | Language App |
| Dance | Bookstore | Take Photos |
| Walk/Hike | Board Game | Draw/Sketch |
| Bike Ride | Visit Beautiful Place | Visit New Area |
| Garden | Paint | Plan a Trip |
| Fitness wii | Sing | Decorate |
| Lawn games | Connect w/ Friend | Write a poem |

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LOVING-ACTION ANCHOR

The Adventures of Dorothy

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LOVING-ACTION ANCHOR

▪Use Side Screen as a Reminder & Energy Source for LOVING BEHAVIOR

Pray for someone

Leave a love note

Deep listening

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Compromised Loving-Action Exercise

| | | |
|---------------|---------------|---------------|
| Patience | Humor | Self-Control |
| Compassion | Creativity | Generosity |
| Kindness | Encouragement | Understanding |
| Service | Forgiveness | Humility |
| Gratitude | Spirituality | Affection |
| Honesty | Courage | Curiosity |
| Attentiveness | Optimism | Availability |

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My Four Loving Actions

| Compromised Loving Actions | Positive Loving Actions |
|----------------------------|-------------------------|
| | |
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| | |
| | |

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| <i>Compromised Loving-Action</i> | <i>Positive Loving-Action</i> |
|----------------------------------|---|
| Humor | tell jokes; create levity and laughter with humorous comments and interpretations of fears and unwelcome life events. |
| Creativity | spruce up the office environment with flowers, a new aroma, etc; help others with creative problem solving. |
| Kindness | encouraging statements; thoughtful gestures and gifts. |
| Gratitude | express gratitude to others; express gratitude for career. |

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THE CASE OF MS. J

- Applying the Two-Screen Method

Clinical Illustration

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TREATMENT GOALS

- Decrease anxiety
 - Decrease reassurance/compulsive behaviors
- Improve mood
- Increase mindfulness skills
- Increase healthy, value-based actions (front screen activities)

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TREATMENT INTERVENTIONS

- Assigned book
- Side Screen Profile
 - How OCD works & her obsessive themes
- Practice Accept & Redirect
 - Both in and out of session
- Exposure Therapy
 - audio recordings
 - hammer on table

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TREATMENT INTERVENTIONS CONT.

- Established Front Screens Anchors
 - 3 Steps & Box Breathing
 - Play with kids
 - Family puzzle
 - Encourage others
 - Gratitude exercises
 - Institute Delays
- Process Developmental History & trauma
 - Breakthrough: "living in a watchtower" & constantly assessing
- Practice "Soaking in the Peace"
 - Practicing a new type of self talk
 - Integrating her faith

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RESPONSE TO LEGITIMATE THREATS

- Identify Guidelines to Follow
 - Grey areas: identify 1 person with balanced perspective
- Recognize/Make Space for Loss of Control & Uncertainty
- Take one positive action step
 - Focus on what you can control with boundaries (e.g., plan for kids if you get sick)
- Institute Delays
- Make a Daily Plan
- Boundaries around News (flow of information)
- Practice Gratitude & Kindness



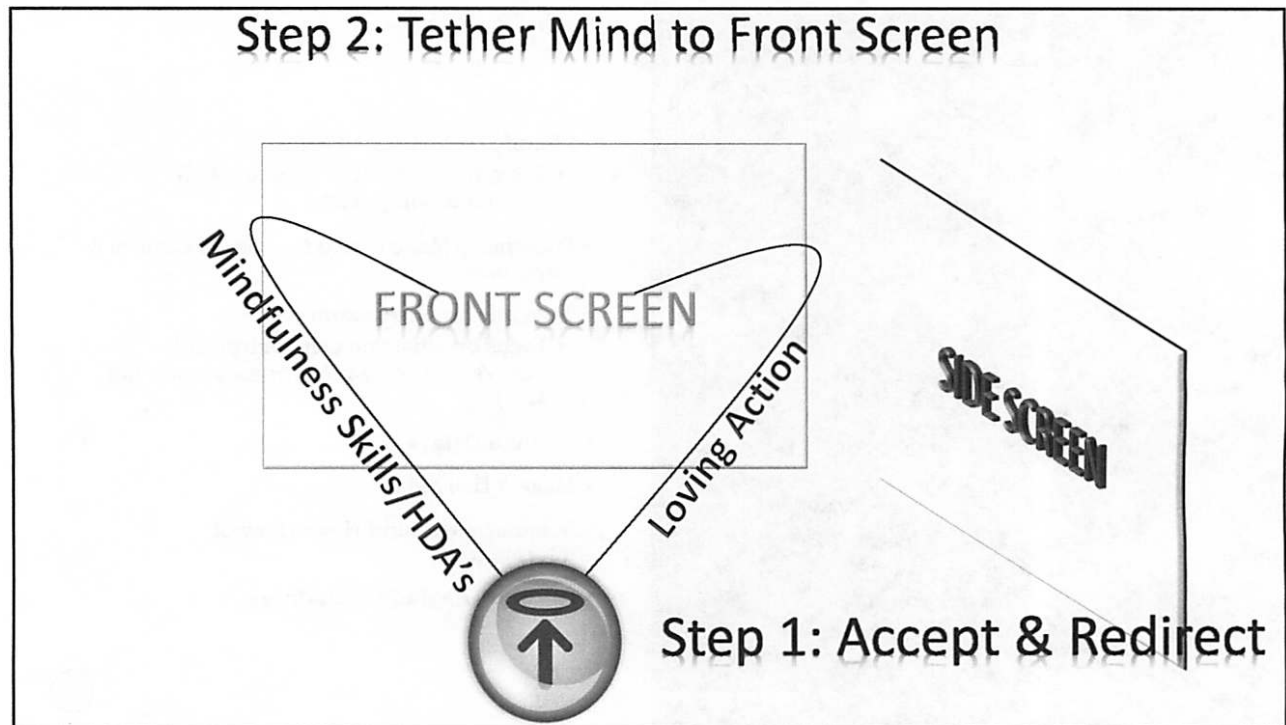
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3 MONTHS INTO TREATMENT

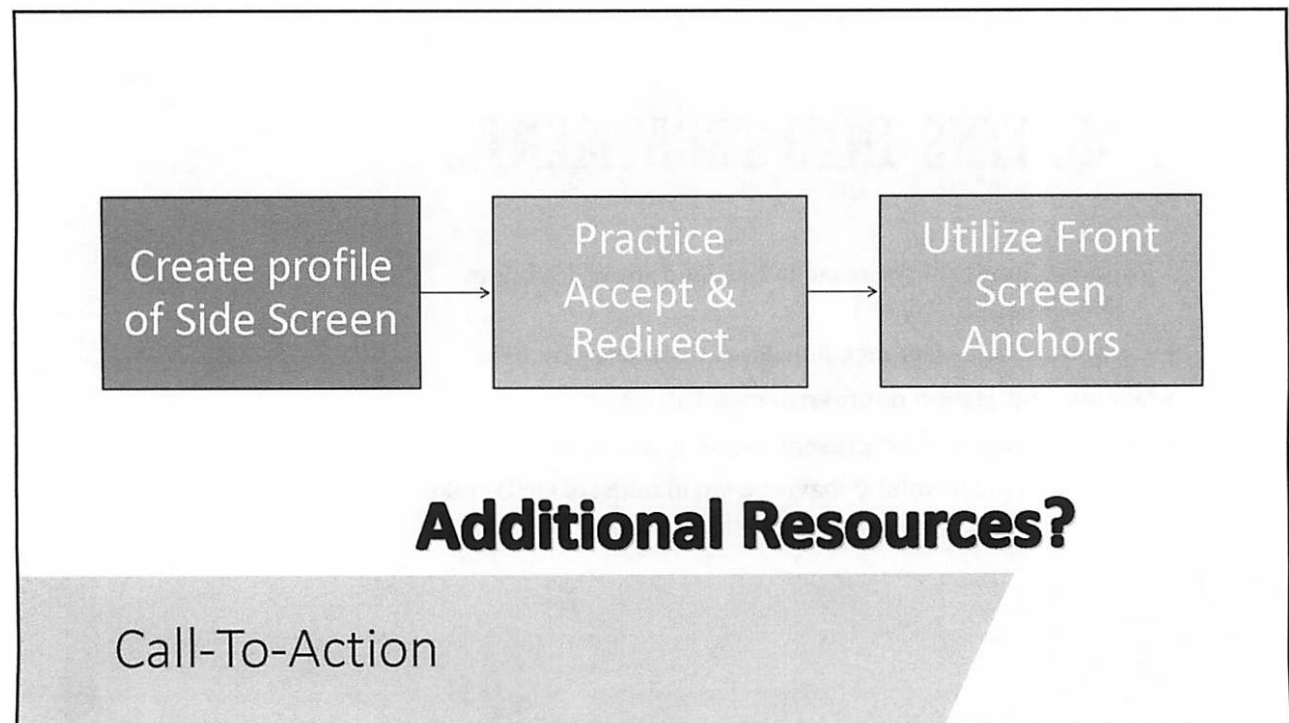
- Reports significant decrease in baseline stress & anxiety
 - Most days 3/10 vs 8/10
- Compulsive/Reassurance Behaviors decreased by 75%
- Denies long-lasting depressive mood states
- Increased capacity for present-moment awareness
- Increase in purposeful behavior even in midst of OCD spike



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