

AMERICAN PARKINSON DISEASE ASSOCIATION  
GREATER ST. LOUIS CHAPTER PRESENTS

# BEATING THE BLUES: Coping with Stress During Uncertain Times

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PARKINSON DISEASE  
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GREATER ST. LOUIS CHAPTER

**Strength in optimism. Hope in progress.**

# WELCOME TO A TIME OF UNCERTAINTY

**If you are feeling lost during this period of COVID-19, you are not alone. Right now, the entire world is struggling to figure out how to handle this period in our lives. Today, I hope to convey:**

1. What is depression/winter blues
2. Discussion of normal losses
3. Value of resilience
4. Coping strategies for success during uncertain times
5. What is normal distress vs a need for additional help
6. Connections/Conclusions

# CHANGE AND STRESS

Daily, we are confronted with CHANGE.

COVID-19 changed the way we do business:  
lead our lives, see our families, do our jobs, exercise, go to the store,  
celebrate holidays, spend money, deal with physical decline, lack of  
mobility, shifts in moods, change in routines.

*Stress is a familiar outcome of dramatic change.*

COVID has deprived us of our in-person Parkinson community, our  
gathering places and familiar exercise classes and friends.

Today we have the opportunity, as a community, to discuss how we  
cope with the current stressors.

# COPING STRATEGIES

- Exercise
  - Choose an [APDA exercise class](#) that fits your needs
- Meditate
  - Every Tuesday APDA Greater St. Louis offers [Yoga and Meditation](#) for all levels
  - Every Friday APDA Greater St. Louis offers two levels of [Tai Chi](#)
- Phone A Friend
  - Join an APDA Support Group in your area or online. Contact Angela Weaver for additional information: [aweaver@apdaparkinson.org](mailto:aweaver@apdaparkinson.org)
- Music & Dance
  - Practice keeping your voice strong and loud with APDA's [Tremble Clefs](#) or dance to music from different decades with [Joy of Movement](#)

# COPING STRATEGIES

- Audio Books
  - Listen to books on your smart devices with apps like [Audible](#) and [Hoopla](#)
- Art
  - Take a virtual tour of an [art museum](#) you always wanted to visit.
- Eat a Healthy Diet
  - While there is no prescription for a PD-specific **diet**, to maintain overall good health eat a variety of whole grains, vegetables, fruits, milk and dairy products, and protein-rich foods such as meat and beans
- Volunteer
  - Listing of [Virtual Volunteer Opportunities](#)

# WHEN TO SEEK PROFESSIONAL HELP

1. If feelings of lethargy do not go away.
2. If anxiety permeates, even at times of pleasure.
3. If lack of sleep sustains over weeks at a time.
4. If your lack of energy sustains.
5. If you find no joy or happiness in activities that once gave you pleasure.
6. If normal routine feels weighty.
7. If you find you rely on drugs, repetitive behaviors, any psychological dependence on something that are bad habits.
8. If you feel prolonged sadness.
9. If you feel disengaged for a prolonged period.
10. If your feelings are overtaking your life.

The more symptoms you have, the stronger they are, and the longer they've lasted—the more likely it is that you're dealing with depression.

If you feel in need of medication **ALWAYS** check with your neurologist before taking any prescription medications!

Listing of [Mental Health Resources](#)

# CONCLUSION

**Let's do what we can to stay safe: wear a mask, wash your hands, socially distance.....**

- Resilience: the process of adapting well in the face of adversity
- Gratitude: a feeling of thankfulness and appreciation
- Hope: optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large

We WILL get through this time of uncertainty.

## Mental Health Resources

### Care for Your Anxiety

- [NAMI Crisis Hotline](#): Partnership between Mental Health America and Shine to provide a mental health toolkit with articles, meditations, access to experts, and anxiety screenings: 314-628-2929

### Counseling & Therapy

- [Behavioral Health Response](#): 1-800-811-4760
- [Care and Counseling](#): 314-878-4340
- [Catholic Charities](#): 314-367-5500
- [Jewish Family and Children's Services](#): 314-993-1000
- [Lutheran Family and Children's Services](#): 314-787-5100
- [Provident](#): 314-533-8200
- [Schiele Clinic of the St. Louis Psychoanalytic Institute](#): 314-361-7075 ext. 444
- [United Way 211](#): 211unitedway.org

### Hot Lines

- Hopeline Network: 1-800-SUICIDE (784-2433)
- Life Crisis-Suicide/Crisis Hotline: 314-647-4357
- Mid-Missouri Crisis Line: 1-888-761-4357 or text "HAND" to 839863
- NAMI Crisis Hotline: 1-800-811-4760
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Safe Connections: Domestic Violence Hotline: 314-531-2003
- SAMHSA Disaster Distress Helpline: 1-800-985-5990



## Virtual Volunteer Opportunities

**Hire a Hero**: Help veterans and military spouses excel in their careers by conducting mock interviews, offering general career counseling, or guiding federal-sector applicants through the USA Jobs portal and interview process. Most online volunteer opportunities are conducted via phone or video.

**ZSL Instant Wild**: Contribute to essential conservation efforts by tagging animals in images and videos. Don't worry if you don't have any expertise — the organization provides helpful field guides for each project. Watching videos of cute animals while saving their futures? Sounds like a dream.

**The United Nations**: The United Nations Volunteers website includes a list of virtual volunteer opportunities at UN entities, civil society organizations, and governmental institutions. You can sort opportunities by type (for example, COVID-19 response, teaching and training, project development, and more).

**Create the Good**: Not sure what you want to do yet? Head to Create the Good, AARP's searchable database of volunteer opportunities. To find virtual gigs, select "show only home/remote opportunities." You'll find interesting ways to support a range of organizations without ever leaving your house.

**RAINN**: The National Sexual Assault Hotline, operated by RAINN, needs virtual volunteers to provide live, secure, and anonymous support to victims of sexual assault and their loved ones. Volunteers must receive extensive crisis-intervention training and commit to a minimum of 10 hours of service a month, for a minimum of 18 months of service.

**Career Village**: The tag line for this one is simple: "Volunteer to answer questions from students who want to be you when they grow up." Essentially, kids submit questions about various career paths to Career Village, and you'll get notified if there's a question you might be able to answer. It's like a virtual career fair you can participate in whenever you have time.

[Lifetime Connections Without Walls](#): This telephone activities program provides opportunities for older adults to connect with others; LCWW offers educational sessions, game nights, support groups, and friendly conversations, all over the phone. The organization relies on volunteers to increase their class offerings. Got an idea for a class? Drop them a note.

[Smithsonian Digital Volunteers](#): Consider yourself a history buff? Volunteer for the Smithsonian Institute. Digital volunteers help make historical documents and biodiversity data more accessible by transcribing and reviewing various field notes, diaries, ledgers, logbooks, currency proof sheets, photo albums, manuscripts, and biodiversity specimen labels.

[StoriiTime](#): If reading is your passion, then sign up for StoriiTime, a service that connects children with seniors for virtual story hours. You can sign up as a reader (you must be over 50), a parent who would like their child read to (kids must be ages 13 and under), or a care provider looking to get their residents involved.

[Sidelines](#): Sidelines' mission is to support women and families experiencing complicated pregnancies and premature births — and they need volunteers who have experienced those things to help achieve that goal. As a volunteer, you'll complete online training and provide emotional support to women in a variety of ways, including email, phone, video chat, and discussion groups.

[Volunteer Match](#): You've probably found in-person volunteer opportunities on Volunteer Match before, but the platform now allows you to search for virtual opportunities too. Organizations are looking for everything from writers and designers to web developers and knitters.

# MUSEUMS

- The Louvre: You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has [free online tours](#) of three famous exhibits, including Egyptian Antiquities.
- Solomon R. Guggenheim Museum: The works of Pablo Picasso, Piet Mondrian, Jeff Koons, and Franz Marc are just some of the 625 artists whose work are a part of the Guggenheim's [Collection Online](#).
- Smithsonian National Museum of Natural History: Move at your own pace through the 360-degree room-by-room tour of [every exhibit in the museum](#).
- Van Gogh Museum: You can get up close and personal with the impressionist painter's most famous work thanks to [Google Arts & Culture](#).
- Getty Museum: Los Angeles's premiere gallery has [two virtual tours](#), including "Eat, Drink, and Be Merry," which is a closer look at food in the Middle Ages and Renaissance.
- The Vatican Museum: The Sistine Chapel, St. Peter's Basilica, and Raphael's Room, are just some of the sites you can see on the [Vatican's virtual tour](#).
- Thyssen-Bornemisza Museum: Madrid's must-see art museum has the works of some of the continent's most celebrated artists like Rembrandt and Dali [available online](#).
- Georgia O'Keeffe Museum: [Six virtual exhibits](#) are available online from this museum named for the "Mother of American modernism."
- National Museum of Anthropology, Mexico City: Dive into the pre-Hispanic history of Mexico with [23 exhibit rooms](#) full of Mayan artifacts.
- British Museum, London: The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a [virtual tour](#) of the museum.
- NASA: Both Virginia's [Langley Research Center](#) and Ohio's [Glenn Research Center](#) offer online tours for free. Also, you can try some

“augmented reality experiences” via [The Space Center Houston’s app](#).

- National Women’s History Museum: Have a late International Women’s Day celebration with [online exhibits](#) and [oral histories](#) from the Virginia museum.
- Metropolitan Museum of Art: Though the Met Gala was cancelled this year, you can still have a peek at the The Costume Institute Conversation Lab, which is one of the institution’s [26 online exhibits](#).
- High Museum of Art, Atlanta: This museum’s popular online exhibits include [“Civil Rights Photography”](#) — photos that capture moments of social protest like the Freedom Rides and Rosa Park’s arrest.
- Detroit Institute of Arts: Mexican art icon Frida Kahlo is the focal point of two of the four available [online exhibits](#).
- Rijksmuseum, Amsterdam: The Golden Age of Dutch art is highlighted in this museum which includes the work of [Vermeer and Rembrandt](#).
- National Museum of the United States Air Force: You can’t take a ride in Franklin D. Roosevelt’s presidential airplane, but you can check it out, in addition to other military weapons and aircraft, online in the Air Force’s [official museum](#).
- MoMA (The Museum of Modern Art): New York’s extensive collection is available for [view online](#).
- Museum of Fine Arts, Boston: The [16 virtual exhibits](#) include a special section on 21st Century Designer Fashion.