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Tips to “Team-Up to Cope with COVID”

Relationship Skills (**GIVE**): To maintain our relationships or to help repair them when conflict occurs, **GIVE skills** provide a useful guideline for what to focus on.

G

Stands for: Be **GENTLE**
Be considerate.
No attacks, threats,
or judging.

I

Stands for: Act **INTERESTED**
Listen to what the other
person has to say and focus
on staying in the moment.

V

Stands for: **VALIDATION**
Let the other person know
the way they feel makes
sense in some way.

E

Stands for: Use an **EASY**
manner – smile! Help soothe
the other person.

Mindfulness Skills (Effectiveness):

In DBT mindfulness skills, we think about what you do when you practice mindfulness and then how you practice it. Effectiveness is one of our ‘how’ skills.

Effectiveness is the idea of doing just what is needed in the moment. The goal is to do what is actually going to work in the moment rather than focusing on what's right/wrong or fair/unfair. Being effective requires that you know what you want the outcome of the situation to be. It also requires that you acknowledge the actual situation rather than what you think the situation should be.

Example: Let's say my partner and I had a fight about him interrupting an important video chat with my boss. What are my options? I can give him the silent treatment and we can go to bed mad. Or, I can use my GIVE skills to talk to him about it and repair the conflict. Being effective means choosing a course of action that is going to help us toward moving on - like GIVE skills!

Finding Small Silver Linings:

Be grateful and find the small silver linings even in the midst of COVID. For example:

- ✦ Spending more time with the family
- ✦ Working on your garden
- ✦ Connecting (virtually) with friends and family
- ✦ Having more time with your animals as coworkers

Taking a few moments to slow down and focus on the small silver linings is a way of stepping back from current events and acknowledging the good that continues to be present in our lives.