

PROTECTING YOUR MENTAL HEALTH

DURING COVID 19

MANAGING CORONA VIRUS (COVID-19) ANXIETY

By: @stephaniebrampton

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

YOUR FEELINGS ARE NORMAL!

PRACTICAL WAYS TO COPE & RELAX

Source: Substance Abuse and Mental Health Services Administration

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy. See guided relation on slide 6!
- Pace yourself between stressful activities, and do something fun after a hard task. Try to maintain a schedule. See a sample schedule on slide 8!
- Stay connected to friends and family through video chats. Cope with social distancing with face-to-face video technology.
- Maintain a sense of hope and be positive/optimistic!

- Separate what is in your control from what is not. There are things you can do, and it's helpful to focus on those. Wash your hands—practice social distancing—limit how much you watch the news. See how easily germs spread on the next slide!
- Get outside in nature and off technology. I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
- Talk about your feelings and reach out if you need more support. What you are feeling is normal. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. Contact your school counselor or text "HOME" to 741741 to contact Crisis Textline.
- Challenge yourself to stay in the present. Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Watch the video on slide 7!

Source: American Foundation for Suicide Prevention

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

I CAN CONTROL

(So, I will focus on these things.)

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

MY KINDNESS & GOALS

THE AMOUNT OF TOILET PAPER AT THE STORE

TURNING OFF THE NEWS

FINANCING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW OTHERS REACT

Chart: Carrie Stephens and Courtney

SAMPLE DAILY SCHEDULE

Maintaining a routine helps reduce anxiety and worry! It can also help you stay on top of your e-learning!

9:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
9:00-10:00	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining
10:00-11:00	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc.
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake etc.
12:00 pm	Lunch J	
12:30	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap, radio N2 stories
2:30-4:00	Learning at home	School-led learning or iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00-6:00	Dinner J	
6:00-8:00	Free TV time	Kids shower time

ACTIVE COPING CALENDAR: APRIL 2020

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” - Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5. Sit on the floor if you're tired, stretch, breathe & stretch	6. Connect a neighbor or friend and offer help	7. Write what you are feeling and do things to help them	8. Write a letter to help you keep your mind busy	9. Call a friend one to catch up and give them a thumbs up	10. Write down things that are bothering you and brainstorm ways to deal with them	11. Write down things that are bothering you and brainstorm ways to deal with them
12. Write down things that are bothering you and brainstorm ways to deal with them	13. Write down things that are bothering you and brainstorm ways to deal with them	14. Write down things that are bothering you and brainstorm ways to deal with them	15. Write down things that are bothering you and brainstorm ways to deal with them	16. Write down things that are bothering you and brainstorm ways to deal with them	17. Write down things that are bothering you and brainstorm ways to deal with them	18. Write down things that are bothering you and brainstorm ways to deal with them
19. Write down things that are bothering you and brainstorm ways to deal with them	20. Write down things that are bothering you and brainstorm ways to deal with them	21. Write down things that are bothering you and brainstorm ways to deal with them	22. Write down things that are bothering you and brainstorm ways to deal with them	23. Write down things that are bothering you and brainstorm ways to deal with them	24. Write down things that are bothering you and brainstorm ways to deal with them	25. Write down things that are bothering you and brainstorm ways to deal with them
26. Write down things that are bothering you and brainstorm ways to deal with them	27. Write down things that are bothering you and brainstorm ways to deal with them	28. Write down things that are bothering you and brainstorm ways to deal with them	29. Write down things that are bothering you and brainstorm ways to deal with them	30. Write down things that are bothering you and brainstorm ways to deal with them	31. Write down things that are bothering you and brainstorm ways to deal with them	32. Write down things that are bothering you and brainstorm ways to deal with them

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm - Stay Wise - Be Kind

“A pessimist is one who makes **DIFFICULTIES** of his opportunities and an optimist is one who makes **OPPORTUNITIES** of his difficulties.”

-Harry S. Truman



10 ways to stay OPTIMISTIC

- 1 Decide to be **happy**
- 2 expect the **best**
- 3 **TRUST** the **U**niverse
- 4 look for the **Silver Lining**
- 5 Celebrate **Life**
- 6 Take a **POSITIVE** view
- 7 Don't forget to have some **FUN!**
- 8 make each **day** count
- 9 Be an **ENCOURAGER**
- 10 **A**ppreciate Yourself

www.lyndafield.com

If you need help....

- 1) Talk to your parents or a caring adult
- 2) Email your school counselor @ sgjhart@jonesms.k12.ok.us
- 3) If in crisis and need immediate help, tell your caregivers and/or contact a hotline!

Crisis Textline: Text HOME to 741741 to reach a Crisis Counselor