

Keeping Ourselves Emotionally Healthy

1. ***Attend to self-care.*** Monitor all of your physical health needs , being sure to eat, sleep, exercise, and (if possible) maintain a normal daily routine.
2. ***Pay attention to your emotional health.*** Remember that a wide range of feelings during these difficult times are common. Know that others are also experiencing emotional reactions and may need your time and patience to put their feelings and thoughts in order.
3. ***Reach out for extra support.*** It is not uncommon for individuals of all ages to experience stress reactions when experiencing challenging situations. Changes in eating and sleeping habits, energy level, and mood are important signs of distress. Watch for intense emotional reactions, such as anxiety. Reach out to your family, the school or an adult you trust.
4. ***Avoid overexposure to media.*** While it is important to stay informed, the media plays the worst stories over and over again. Watching too much has been shown to cause acute stress and post-traumatic stress symptoms. Limit your exposure and take a break from news sources.
5. ***Maintain contact with friends and family.*** These individuals can provide you with emotional support to help deal with difficult times. Face time, even digitally, is important.
6. ***Focus on your strength base.*** Maintain practices that you have found to provide emotional relief. Remind yourself of people and events which are meaningful and comforting.
7. ***Talk to others as needed.*** It is important to ask for help if you are having trouble recovering and everyday tasks seem difficult to manage. You are loved!

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