

April 17, 2020

Mental Health Matters

Presented by: Community Mental Health for Central Michigan

Mecosta County – 231-796-5825

Osceola County – 231-832-2247

Midland County – 989-631-2320

Gladwin County – 989-426-9295

Clare County – 989-539-2141

Isabella County – 989-772-5938

NAVIGATING NEW TERRITORY

MAINTAINING WELLNESS DURING COVID-19

STAY HOME
STAY SAFE

While we all continue to navigate our lives during the COVID-19 pandemic, many of us may find ourselves confused, anxious, and isolated. With the additional news of school closures, the pressure to provide adequate academic support is also weighing heavily on the minds of many parents. The first piece of advice is to give yourself **grace**. There is no such thing as a perfect response to a situation such as this. However, there are some things that may help you and your family adjust to our temporary new 'normal'.

SIMPLE TIPS FOR MAINTAINING WELLNESS

- Keep a regular sleep schedule.
 - Drink plenty of water; dehydration can lead to headaches, decreased energy, and mood swings.
 - Move your body; exercise improves mood!
 - Limit news exposure; staying up to date is important, but too much can increase anxiety.
 - Stay in touch with friends and family; letters, phone calls, social media, and video chatting are all good options.
- **Help your child stay socially connected.**
 - One of the main benefits of school is regular social interaction with friends and trusted adults. Reach out to family and friends via phone, video chats, or letters.
 - Writing letters is also a great way to practice handwriting, grammar, and communication skills.
 - **Create a flexible schedule and routine for learning.**
 - Have consistent bed and wake times.
 - Consider creating a daily routine that allows for learning, free time, healthy meals, and physical activity.
 - **Talk to your children.**
 - Learning comes in many forms; having conversations with your children is the best way to connect and understand their experience.

- **Stay in touch with your child's school**

- Many schools are working to provide support and learning opportunities for students and families. Review assignments from the school, and help your child establish a reasonable pace for completing the work.

- **Look for ways to make learning fun**

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Start a journal with your child to document this time and discuss the shared experience.
- Utilize youtube for learning opportunities and wellness videos.
 - **Cosmic Kids** (Youtube) is a great resource for yoga and mindfulness activities.



Resource: <https://www.cdc.gov/coronavirus/>

**IF YOU OR SOMEONE
YOU KNOW IS IN
NEED OF SUPPORT:**

Mecosta County – 231-796-5825

Osceola County – 231-832-2247

Midland County – 989-631-2320

Community Mental Health for Central Michigan Crisis Line
1-800-317-0708

National Alliance of Mental Illness (NAMI) Helpline
1-800-950-NAMI (6264)

Gladwin County – 989-426-9295

Clare County – 989-539-2141

Isabella County – 989-772-5938