Coping through Covid-19

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The current pandemic of Covid-19 is stressful for many of us. Fear and anxiety can be overwhelming and can cause strong emotions in adults and children. Learning how to cope with stress and getting help when you need it will make yourself, your family, and your friends better for it. The Center of Disease and Control and Prevention (CDC) suggest that stress during an infectious disease outbreak can include any of the following: fear and worry about your own health and the health of your loved ones, changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, and increased use of alcohol, tobacco, or other drugs

How we respond to this stress is important in our overall health. Caring for your physical and mental health is extremely important, and one cannot exist without the other. Some of the ways we can do this is by having healthy well-balanced meals, getting plenty of sleep, exercising regularly, avoiding overuse of alcohol, and avoiding drugs. Staying connected with others is essential. Ways in which we can stay connected while social distancing include: emailing, phone calls, texting, handwritten letters, and video chatting. Take note that it's important to take breaks from reading and listening to news stories, including social media. Hearing about pandemic over and over can be stressful and upsetting. Mindfulness is another tool you can use to reduce your stress. It involves focusing your attention on the present moment and accepting it without judgment. It may also help people manage some mental health symptoms. There are tons of online resources about mindfulness, meditation, breathing exercises and more. Some organizations even offer free classes online as well.

Structure is extremely important during these times. Many are readjusting their work routines, and or have children at home distance learning. It may be helpful to create routines that mirror what you'd normally do on a daily basis. Having rituals and routines in the morning can be a good way to start your day. Creating structure around working from home and or schoolwork can include dedicating a space to your work/school that has few distractions, and getting dressed for you day. When working from home, it can be easy to work longer than usual. Instead, create clear boundaries between your work hours and your after-work time.

Being quarantined or isolated is difficult. By maintaining a healthy lifestyle and setting structured routines these times can be made easier. We are all in this together and this too shall pass. If you or someone you know finds anxiety and stress to keep you from coping daily reach out to your healthcare provider or a mental health professional. Psycamore is here to help you through these challenging days and are offering all our programs through Telehealth. Call us today or visit us online for more information. 1877PSYCH4U or www.psycamore.com