

Coping with CORONAVIRUS (COVID-19)



CONNECT

Social distancing is an act of caring for others. ~~By staying home (except when food shopping or seeking medical care)~~ you can limit the spread of the virus, and help your family, friends, neighbors and community stay healthy.

We all need ~~social contact~~ and in these unique times it is even more important to reach out to others. As you connect, remember to laugh, smile and talk about a range of things. Showing your humanity in times of struggle will bring out the best in others.

- Let others know how much you value or care about them
- Share something about yourself or learn something about them
- Spend quality time with those ~~in your home~~. For example, ~~play a game, dance or sing, paint~~
- Find ~~creative ways~~ to connect ~~virtually~~ to share stories, games, activities
- Consider important acts of kindness, such as donating blood or giving thanks to others



OPPORTUNITIES

Take this time to reflect on how you have been living your life. Reassess and commit to your values and the areas of life that are important to you. Build your resilience by putting time and energy into things that matter to you.

- Routines are comforting and reinforce a sense of control. Keep up your daily schedule for waking up, personal care, eating, sleeping and other activities
- Think about ways you can adapt the things you normally enjoy doing. For example, if you are used to going to the gym, what exercises can you do at home?
- Allow yourself to grow during this time by learning or doing something new

TAKING CARE OF YOUR MENTAL HEALTH

- Adult telehealth services through MCW Psychiatry - call 414-955-8900
- Child telehealth services through MCW Child Psychiatry - call 414-266-2932
- For mental health and other community resources, dial 211

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PRACTICE HEALTHY HABITS

You can prevent and treat health problems and improve your well-being by eating healthy, exercising, getting restful sleep, having positive relationships, managing stress and avoiding misuse of substances such as alcohol or drugs.

-  ~~Have two weeks of food, medication and general supplies on hand~~
-  Find a new recipe or make food from scratch
-  Go for walks or runs outdoors
-  Focus on what is happening in the moment, and find healthy ways to take breaks and recharge mentally and emotionally
-  Gather your news once a day from a trusted, concise news source
-  Focus on what you can control and what you can do to make a positive difference ~~during this time~~. Remember you cannot control how others think, talk, feel or act



EXPRESS EMOTIONS

During times of distress it is normal to experience a range of emotions. Respect how you and others are feeling. Remember, feelings aren't right or wrong, they just are. When you recognize your feelings, you can choose how to respond, rather than just reacting.

-  Keep a journal or diary about your circumstances, how you feel and what you can do to positively cope
-  Schedule a "daily check-in" with yourself to notice your emotions
-  Take selfies or draw pictures of yourself to capture how you are feeling
-  Call a crisis line if you need professional help immediately

MEDICATION NEEDS

-  Make sure you have enough medication. Stay on top of refills so you don't run out
-  Contact your pharmacy to see if they will delivery your medication or can fill a prescription for a 90 day supply