

# CONTINUUM'S UPDATE

March 20th, 2020

## Staying Healthy during COVID-19

The outbreak of COVID-19 has been a stressful and anxiety provoking event for everyone. Many of us are experiencing uncomfortable and negative emotions such as: fear, sadness, anxiety, anger and uncertainty about the future. Stress and worry can also cause changes in eating and sleeping patterns. The recommendation for social distancing and not attending group events can lead to feelings of isolation. We would like to offer some suggestions that may be helpful to reduce stress during these difficult times.

- Take breaks from watching, reading or listening to news stories about the pandemic. Hearing about it repeatedly can be overwhelming.
- Take care of your body and try out some new self-care habits. Ways to do this can include: going outside for a walk (while maintaining appropriate distance from others) or getting some other form of regular exercise, performing deep breathing exercises, eating well balanced meals, getting enough rest, and drinking plenty of non-caffeinated fluids.
- Make time to unwind doing an activity you enjoy such as a favorite hobby.
- Find new ways to connect with others. Call up a friend on the phone or face time with them if you can't get together in person.
- Enjoy being able to spend more time with your family members in your immediate household. Plan a movie or game night.
- Take care of your spiritual health.
- Acknowledge any negative emotions that you are experiencing. Suppressing these types of emotions may only make them worse over time. Accepting these feelings for what they are will lead to increased resilience.

We are here to support you and we want you to stay healthy and happy during these trying times. Please call the office if you have any questions or are unsure of where to find support.