

Coronavirus Mental Health Resources

FOR EVERYONE:

Coping with Disaster or Traumatic Event

<https://emergency.cdc.gov/coping/index.asp>

Taking Care of Your Emotional Health

<https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Planning Resources for State & Local Governments

<https://emergency.cdc.gov/coping/government.asp>

Response Resources for Leaders

<https://emergency.cdc.gov/coping/leaders.asp>

FOR COMMUNITIES:

Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Taking Care of Your Behavioral Health During an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

FOR FAMILIES & CHILDREN:

Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Coping After a Disaster-Activity Book for Children (ages 3-10)

https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

FOR PEOPLE LIVING WITH MENTAL ILLNESS

National Alliance on Mental Illness – Response to the coronavirus

<https://nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

FOR FIRST RESPONDERS:

Responders: Tips for Taking Care of Yourself

<https://emergency.cdc.gov/coping/responders.asp>

*First Responders & Disaster Responders
Resource Portal*

<https://www.samhsa.gov/dtac/disaster-responders>

OTHER RESOURCES:

<https://www.seattletimes.com/opinion/anxiety-and-fear-from-the-tip-of-the-coronavirus-spear/>

MENTAL HEALTH SELF HELP AND SUPPORT STRATEGIES

- Exercise
- Good Nutrition
- Good sleeping habits
- Prayer
- Mindfulness
- Meditation
- Volunteer/Service
- Grounding Exercises
- Earthing
- Breathing meditation
- Tapping
- Acupuncture
- Play
- Connection/Touch
- Drama/Theater
- Be around Children
- Baking/Cooking
- Gardening
- Wood working
- Get outside/Nature
- Chromotherapy
- Aromatherapy
- Herbal Remedies
- Sunshine/Light therapy
- Spirituality/Faith
- Support Groups
- Natural Therapies/herbal therapy
- Interact with pets/Animals
- Therapeutic Apps
- Imagery/imagination
- Massage
- Practice Gratitude
- Thai Chi
- Cleaning
- Organizing
- New Experiences
- Learn something new
- Disconnect from social media
- Practice self-compassion
- Lean in to your emotions/learn from them
- Seek congruence/authenticity/honesty
- Knitting
- Crossword puzzles
- Sudoku
- Brain games
- Humor
- Relocation/distraction
- Create a calming personal space
- Books/Reading
- Art
- Music

- Journaling
- Sports
- Dance
- Movies
- Binge watching Netflix
- Psycho-education
- Soup/Tea
- Connect with Friends/mentors
- Find/Follow your passions
- Practice Emotional Intelligence

As you can see, many of these activities are ones that require focus, which engages our pre-frontal cortex and helps calm our limbic system/emotions.

Our brains are predictive making machines that seek order/answers/certainty....so uncertainty and ambiguity drives anxiety...

Worrying makes people feel like they are doing something...but worrying actually constricts our ability to think clearly, logically and creatively.

Finding tasks to do, something to focus our minds on, structure, routine, can all be helpful.

How we think, effects how we feel, effects how we behave and our words effect how we think.

Help people think in BOTH/AND language, they can be anxious AND ok, scared AND safe/strong.