



MIND MATTERS



Facebook live group therapy session by
PeakMed Direct Primary Care.



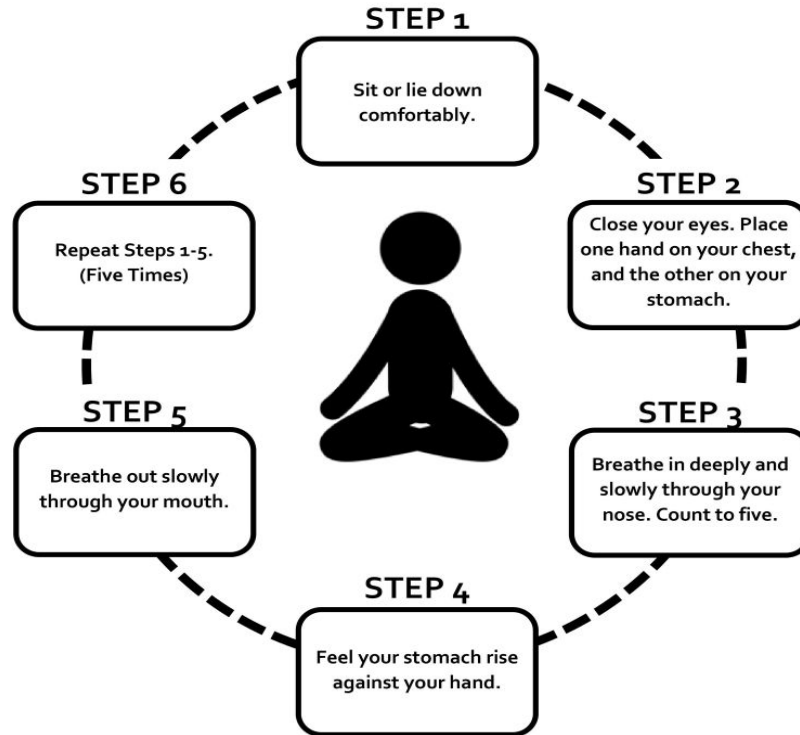
Normalizing emotions

- There is no right or wrong way to feel about everything going on. If you have a low level of concern, you are not underreacting. If you are concerned and taking precautions, you are not overreacting.

Coping Skills

- **Deep breathing**
 - Sounds simple, but so many people forget to do it in the moment
- **Benefits:**
 - Tension begins to diminish
 - Oxygen is released to your brain
 - Blood pressure drops
 - Endorphins are released
 - Releases toxins
 - Strengthens immune system
 - Increases energy
 - Increases clarity and concentration

6 Steps to Deep Breathing



5 Senses Technique



Journaling

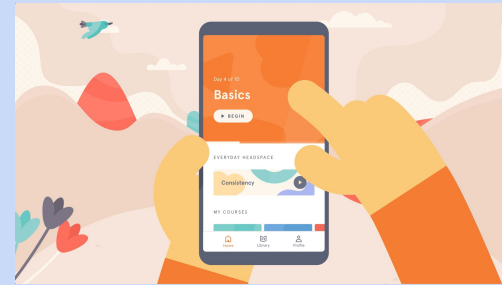
- Brain dump

Meditation

- Calm or Headspace App
- Yoga videos

Connection

- Connection is our greatest asset in these times and we have the access to do so even though we are physically distant via facetime, phone, or email to connect with others.



Self Care

- Taking care of **YOU**
- Doing things that you enjoy or relieves stress:
 - Going outside
 - Listening to music
 - Journaling
 - Drawing
 - Baking
 - Reading
 - Working out
 - Taking a bath
 - Cleaning

Setting yourself up for success

- Change and the unknown in general are difficult and increases the risk for anxiety and depression

- **Make a plan for your day.**
 - Continue your routine
 - Pick a spot
 - Eat like you would at your office
 - Structure for children's schedules
 - Limit social media/news

Coping as a family

- Pay attention to your tone and the increased frustration as it can unconsciously seep into your mood.
- Remember your children still feel the change even if they don't understand exactly what is going on and the severity of it.
- Allow your kids to ask questions.
- Modeling emotions
- Find coping skills to engage in as a family
- Control the home environment

Important Resources

Crisis Support Line 1-844-493-8255

National suicide hotline: 1-800-273-8255

Positive Resource: Goodnewsnetwork.org