

Getting overwhelmed in dealing with the effects of COVID—19 Coronavirus?



THIS PAMPHLET CAN HELP YOU REDUCE THE STRESS & ANXIETY YOU ARE FEELING.

MASTICS
MORICHES
SHIRLEY



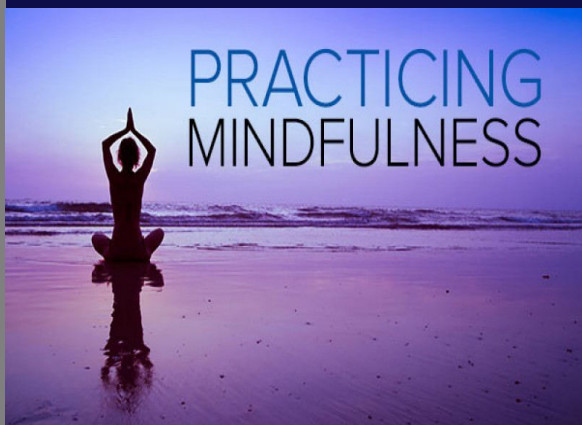
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MINDFULNESS

Many have heard of mindfulness but are unsure of what it really is and how it can help us. It can easily be described as a mental state achieved by focusing on awareness of the present moment while acknowledging and accepting feelings, thoughts, & bodily sensations.

Mindfulness is a type of meditation in which you focus on being deeply aware of what you're sensing and feeling in the moment, without explanation or judgment. Practicing mindfulness involves exercises intended to relax the body / mind and help reduce stress.



PEACE & HARMONY IN CHAOTIC TIMES

When we look around, we see a different world than we have ever seen before. There are many things that have changed and there are many things that will change in the coming days, weeks, & months. At this time what the future holds for all of us is unknown. For many, what has occurred already and what will happen in the days to come is very scary. Many are feeling depressed and anxious.

We must remember that with all the changing that is going on we have the responsibility to ourselves to keep a healthy outlook on life and make sure we take care of ourselves both mind and body.

To help in this endeavor, this mindfulness and anti-anxiety pamphlet was created to help lessen the stress that we all are feeling due to the COVID-19 Coronavirus. This pamphlet can be used to help ease some of the tension and chaos that is going through our minds due to the circumstances around us.



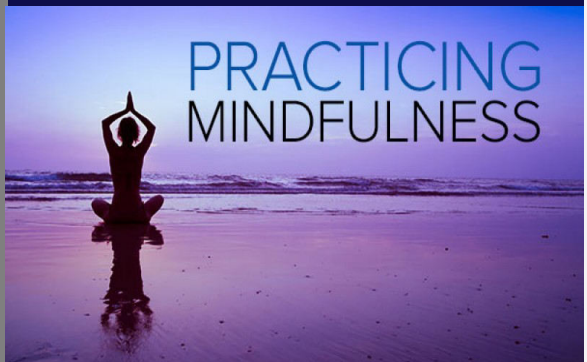
There are many simple ways to practice mindfulness. Some basic examples include:

Pay attention. It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

Live in the moment. Try to intentionally bring an open and accepting attention to everything you do. Find joy in simple pleasures.

Accept yourself. Treat yourself the way you would treat a good friend.

Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.



MORE MINDFULNESS EXERCISES

More structured mindfulness exercises include:

Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

Walking meditation. Find a quiet place 10 to 20 feet in length and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

When / How Often Should Mindfulness Exercises Be Practiced

- It depends on what kind of mindfulness exercise you plan to do.
- Simple mindfulness exercises can be practiced anywhere and anytime. Research indicates that engaging your senses outdoors is especially helpful.
- For more structured mindfulness exercises, you'll need to set aside time when you can be in a quiet place without distractions or interruptions. You might choose to practice this type of exercise early in the morning before you begin your daily routine.
- Aim to practice mindfulness every day for about six months. Over time, it may become effortless. Think of it as a commitment to reconnecting with and nurturing yourself.

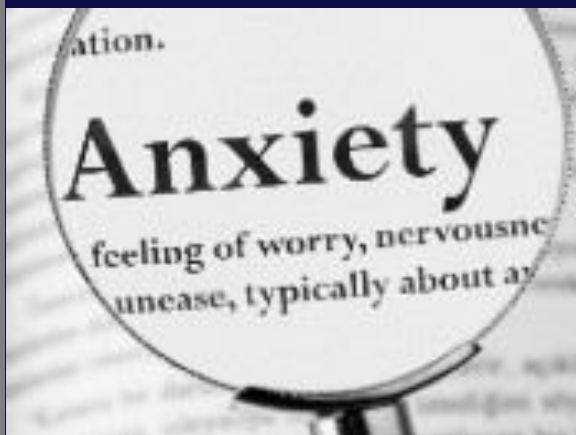


ANXIETY

Anxiety is the body's response to stress; it's a feeling of fear or apprehension about what is to come. It is an expected worry or reflection about something that might happen in the future. Currently our world is feeling a "drumbeat of anxiety" due to the COVID-19 Coronavirus

SIGNS OF ANXIETY

- Anxiety feels different depending on the person experiencing it.
- Feelings can range from butterflies in the stomach to a racing heart. One might feel out of control, like there's a disconnect between mind and body.
- **Symptoms of general anxiety include:**
 - * increased heart rate
 - * rapid breathing
 - * restlessness
 - * trouble concentrating
 - * difficulty falling asleep
- **Other ways people experience anxiety include:**
 - * nightmares
 - * panic attacks
 - * painful thoughts or memories that can't be controlled
 - * may have a general feeling of fear & worry or may fear a specific place or event.



Overcoming Anxiety

- Be angry, then practical
 - ⇒ While the situation is frustrating, allow yourself 15 minutes of anger per day, and then move on.
- Don't think of it as doomsday.
 - ⇒ Look at the current world situation as finding a new normal.
 - ◇ How do I want to live my life right now with these constraints?
 - ◇ Limit talking to family if they are getting worked up.
- Ground yourself in science.
 - ⇒ Stay connected to your local or state health department for information.
 - ⇒ Avoid watching or reading news or social media, where facts can become blurred or even exaggerated.
 - ⇒ Remind yourself that infectious disease outbreaks have been part of our history, and this too shall pass.
 - ⇒ Try and limit news to a half hour in the morning and in the evening to see if there is anything you need to change about your behavior.

Overcoming Anxiety

Conquer Worry...Relax Your Mind and Body

- For those with children:
 - ⇒ Be sure to limit their exposure to the news because it can be overwhelming for them to process.
 - ⇒ Oversharing or catastrophizing and even joking about death or sickness can traumatize little ones.
 - ⇒ This situation can be viewed as a moment in history that can reach and teach children.
 - ⇒ Encourage children to draw, write, or journal so they can express their feelings.
 - ⇒ Keeping a routine for children is always helpful during a crisis.

ANTI-
ANXIETY

- Find ways to connect and stay busy
 - ⇒ Keeping a routine is important for those confined to their home.
 - ◇ Keep the same bedtime and same awake time.
 - ◇ Get dressed in clothes you would go out in.
 - ◇ Take a walk outside to get exercise and see other people to feel a sense that everyone is in this together.
 - ◇ Try to get creative about activities that can be done in the house.
 - ◇ Choose activities that soothe you or give you purpose.
 - * Playing board games, reading, putting together puzzles, or bathing.
 - ◇ Make it a part of your daily routine to reach out to friends and family.
 - * Make sure you call, text, FaceTime, or Skype daily with others.
 - * During traumatic times, having a sense of connection and a feeling of community is essential for hope and healing.

Coping With Stress During Infectious Disease Outbreaks



What You Should Know

When you hear, read, or watch news about an outbreak of an infectious disease such as COVID 19, you may feel anxious and show signs of stress. These signs of stress are normal, and may be more likely or pronounced in people with loved ones with heightened risk. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

Know the Signs of Stress

Behavioral, physical, emotional, and cognitive responses are all common signs of anxiety and stress.

You may notice some of them after you learn about an infectious disease outbreak.

Monitor Your Body:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Loss of appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

Monitor Your Behavior:

- Increase or decrease in your energy and activity levels
- Increase in your alcohol, tobacco use, or use of illegal drugs
- Increase in irritability, outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping

- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

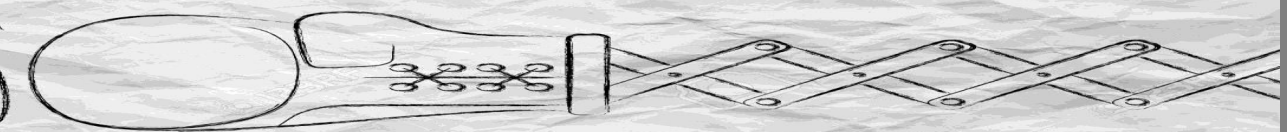
Monitor Your Emotions:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

Monitor Your Thinking:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly & concentrating
- Having difficulty making decisions

STRESS



OVERCOME STRESS

You can manage stress by taking time to take care for yourself!



KEEP THINGS IN PERSPECTIVE:

Set limits on how much time you spend reading or watching news about the outbreak. You will want to stay up to date on news of the outbreak. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

GET THE FACTS:

Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk. You may turn to your family doctor, a state or local health department, U.S. government agencies, or an international organization.

KEEP YOURSELF HEALTHY:

Eat healthy foods, and drink water.

Avoid excessive amounts of caffeine & alcohol.

Do not use tobacco or illegal drugs.

Get enough sleep and rest.

Get physical exercise.

USE PRACTICAL WAYS TO RELAX:

Relax your body often by doing things that work for you

Take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.

Pace yourself between stressful activities, do a fun thing after a hard task.

Use time off to relax, eat a good meal, read, listen to music, take a bath..

Talk about your feelings to loved ones and friends often

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT:

Recognize and heed early warning signs of stress.

Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.

Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.

Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.

Take time to renew your spirit through meditation, prayer, or helping others in need.

Suffolk County Behavioral Health Resources

The current health crisis posed by COVID-19 is changing the way Behavioral Health services are being delivered. All of our providers are responding with safe, creative and remote connections to care.

HELP IS AVAILABLE!!! Check out this list of resources!

SC Mental Hygiene, access our full list of providers at www.suffolkcountyny.gov/departments/healthservices/mentalhygiene	631-853-8500
NYS COVID-19 Emotional Support Line/Reach Out Call to speak with specially trained volunteers who can help	1-844-863-9314
Crisis Text Line: anonymous texting service available 24/7.	Text GOT5 to 741741
SAMHSA Disaster Distress Helpline: Provides 24/7 crisis counseling and support to people experiencing emotional distress	<u>1-800-985-5990</u>
Suffolk County Crisis Response - DASH (Diagnostic, Assessment, and Stabilization Hub) 24/7 Hotline, mobile services, and walk in services 90 Adams Ave., Hauppauge, NY 11788 www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/	631-952-3333
CPEP Program at Stony Brook (Psychiatric ER)	631-444-6050
Crisis Residence (Pilgrim)	631-761-2929
Domestic Violence, Sexual Assault 24-hr. Hotline	631-360-3606
Domestic Violence: Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.	1-800-799-SAFE/7233
Community Crisis Action Team	888-375-2228
Response Hot Line - www.responsehotline.org	631-751-7500
LICADD Substance Abuse Hotline 24-hr. Hotline www.licadd.org	631-979-1700
Suicide Prevention Lifeline	800-273-8255
Talbot House, 24-hr. Substance Abuse Crisis	631-589-4144
APS (Adult Protective Services)	631-854-3195

CPS (Child Protective Services)	800-342-3720
Long Island Crisis Center	516-679-1111
SC Department of Social Services Emergency Services	631-854-9100
SC Department of Social Services Commissioner's Response Unit (8am-4:30pm)	631-854-9935
Sagamore Children's Crisis Respite House & Suffolk Crisis Respite Bed Network	631- 370-1701
WELLLIFE Children's Home Based Crisis Intervention	631- 920-8302
Veterans Crisis Line – www.veteranscrisisline.net	1-800-273-8255
Northport VA Medical Center	631-261-4400
Association for Mental Health and Wellness (MHAW) Family Support Line:	631-226-3900
Association for Mental Health and Wellness (MHAW) Peer Support Line/Online peer support groups http://mhaw.org/programs/online-peer-support-groups	631-471-7242 ext. 1217
Association for Mental Health and Wellness (MHAW) Mental Health Helpline	631-471-7242
<u>Phone and Online Self Help Resources</u>	
Phone and Online AA Meetings: https://aa-intergroup.org/directory_telephone.php	
NA Meetings Online: https://tinyurl.com/NAonline	
Emotions Anonymous	651-647-9712
Suffolk AA Intergroup	631-669-1124
Suffolk NA	631-689-6262
SMART Recovery Online smartrecovery.org/community/	
<u>LINKS TO REGULARLY UPDATED STATE INFO:</u>	
New York State Office of Mental Health (OMH) https://omh.ny.gov/omhweb/guidance/	
New York State Office of Addiction Services and Supports (OASAS) https://oasas.ny.gov/keywords/coronavirus	
New York State Office for People With (Intellectual) and Developmental Disabilities (OPWDD) https://opwdd.ny.gov/coronavirus-guidance	

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There is an app for that!

(If you're experiencing greater than normal stress or anxiety, please contact a physician)

Apps for dealing with stress have grown more popular, many have exercises or guides to help de-stress.

10 popular apps currently available:

Stop Breathe and Think ([free on iOS](#) and [Android](#) with subscription content). Is one of the most popular mindfulness and meditation apps available. It's available on iTunes and Google Play. It works in several ways that could benefit people looking for some stress relief, whether it's COVID-19 related or not. Features a daily check-in to get a gauge on your stress level and how you're feeling physically

Stop, Breathe and Think Kids ([free on iOS](#) with subscription content). This app is much like Stop, Breathe and Think except it's focused on children, with less time juggling the interface and the daily check-in is less complicated. The app is more tailored to current emotional states. The app has a subscription component for \$11.99 a month, but it has an abundance of free exercises.

Calm App ([free or 7-day trial on iOS](#) and [Android](#) with subscription content). The Calm App and the Stop, Breathe and Think app are the two most used apps for dealing with anxiety or stress. It has focused approaches on dealing with anxiety in the moment. Both apps use many of the same meditation & mindfulness techniques.

Ambi Pro. Ambi Pro specializes in ambient music, using algorithms to change tracks instead of recordings that are looped. The app also blends tracks together so one doesn't end abruptly. For those who relax with music or the sound of nature, this is considered a top app.

Headspace ([free with subscriptions available iOS](#) and [Android](#)): Headspace has free specific sessions for moments of panic, anxiety and stress. There are also quick 2-3 minute meditation sessions and special animations that teach skills and answer questions about mindfulness.

Breathe2Relax (Free for [iOS](#) and [Android](#)): To quote MakeUseOf.com, "[Breathing from our diaphragm has shown to reduce anxiety and stress while helping you stay calm.](#)" And there's an app for that – Breathe2Relax – which focuses on breathing rather than meditation or mindfulness training. The app guides users through breathing exercises and it offers support for the Apple Watch Health app.

Colorfly: Some adults have taken in the recent trend of grown-up coloring books to relax. Now those are available on [Colorfly and other apps](#). Colorfly features 1,000 different pictures to color, is capable of use offline and you can share your coloring expertise on social media through the app.

Smiling Mind ([free on iOS](#) and [Android](#)): Smiling Mind is free – no subscriptions, no in-app purchases – and is built specifically for children and adults seeking to deal with daily stress. The app is [based on mindfulness courses](#) that train people to deal with stress in the classroom or workplace.

Solitaire ([free on iOS](#), [Android](#) and [Windows](#)) – Solitaire, is considered a stress-buster by man. If you aren't into mindfulness, ambient noises or meditation, Solitaire is [a go-to for people wanting a few minutes away from whatever it is that has them stressed.](#)

Buddhify: gets past the barriers of trying to figure out what's free and what's paid by requiring payment upfront. [But with it comes 80 guided meditations in mindfulness training](#) that can help you deal with occurring or re-occurring stress