

Taking Care of Yourself in the Time of COVID-19

Infectious disease outbreaks, like the current Coronavirus (Covid 19), can be scary and may affect our mental health. This is true within our churches and our communities as a whole. Our faith may help us get through these challenges, however, as humans we are all subject to both physical and mental stressors.

The content in this flyer offers some helpful tips and insights for you and your family as we work through these challenging times together. We want to encourage you to take advantage of the tremendous love and support you may be receiving from your church community, and take note of your mental health and well-being!



Tips for Handling Distress

Maintain a Routine

Preserve some sense of normalcy by maintaining a consistent routine. It will help relieve anxiety.

Engage in Stress Reduction Activities

Go for a walk, take up meditation, or enjoy your favorite hobby. Keep your energy by doing things that "light you up".

Take Time for Yourself

Stop for a moment, take a deep breath, and find time for you.

Do Not Eat, Drink, or Smoke Your Feelings

Avoid using substances or food to numb your feelings.

Be Kind to Yourself & Others

It's normal to feel anxious, worried and irritable. Give yourself permission to experience these emotions knowing they will soon pass. If these emotions don't pass...

Seek Out Professional Help

You don't need to do this alone. Talk with a mental health professional online or over the phone.

Connect with Your Community, Family & Friends

Connect with your church, neighborhood, family and/or friends. Draw strength from your connections.





Helping Your Children Cope During COVID-19

Families across the country are working hard to adapt to the evolving changes in daily life caused by the COVID-19 pandemic. Parents are faced with even more challenges as they work to help their families adjust to the new normal. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this is easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better. The following tips may serve to help you support your children during these challenging times:

Stay Calm, Listen and Offer Reassurance

- ◆ Explain important principles such as social distancing and focus on the positive whenever possible.

Monitor TV & Social Media

- ◆ Provide alternatives to the internet and media in general. Give your children healthy outlets to play and connect.

Take Time to Check-In & Talk

- ◆ Answer your children's questions truthfully but without unnecessary details.

Stay Connected to School

- ◆ Reach out to staff and teachers when possible and offer updates as to how your child is coping.

Maintain a Routine

- ◆ Normalize the day and maintain hygiene practices, sleep patterns, chores, and activities.

Pay Attention to Your Child's Mental Health

- ◆ Notice any out of the ordinary behaviors or changes in mood, and check in with your children to hear their concerns.

Contact CDMHC

The Charleston Dorchester Mental Health Center is here to help. Please call if you have questions, concerns, or would like to schedule an appointment.

Charleston Clinic: 2100 Charlie Hall Blvd, Charleston, 843-852-4100

Dorchester Clinic: 106 Springview Lane, Summerville, 843-873-5063

For Emergencies 24/7: 843-414-2350

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