

Managing Stress During COVID-19

This is a stressful time for everyone in the Amani community. The Coronavirus is causing significant disruptions and worries for everyone. Below are some tips and resources to help you and your scholar(s) during this difficult time.

Recommendations for Reducing Stress

- Make sure that you are getting adequate sleep
- Stay in touch with friends and family via video chat
- Ask for help when you need it
- Engage in exercise (either at home or outside)
- Limit the time that you spend on your phone and watching the news
- Give yourself time to engage in an activity that you enjoy
- Eat regular meals and try to stay healthy
- Follow a daily routine
- Follow habits that help reduce the change of illness, such as regularly washing hands
- Set time aside everyday to get spend with other household members

HOW TO DEAL WITH STRESS AND ANXIETY

MIND

- Accept that you cannot control everything.**
Put your stress in perspective: Is it really as bad as you think?
- Do your best.**
Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- Maintain a positive attitude.**
Make an effort to replace negative thoughts with positive ones
- Learn what triggers your anxiety.**
Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

For mental health information and resources visit:
www.mentalhealthamerica.net

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Activities

Changing your routine and spending your time in one place can be stressful for anyone. This is an opportunity for all of us to develop healthy coping skills that will last us through these weeks and beyond. If you find yourself overwhelmed, try some of the strategies below. Try each a few times, rating your stress level from 1-5 before and after using the strategy. Then check off the ones that work well for you.

<p>Processing Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Write in a journal. <input type="checkbox"/> Write a song or poem. <input type="checkbox"/> Draw. <input type="checkbox"/> Talk to a friend or trusted adult. <input type="checkbox"/> Rate the intensity of your feelings. <input type="checkbox"/> Make a playlist. <input type="checkbox"/> Write a letter to someone. <input type="checkbox"/> Write your worries on slips of paper and put them in a box. 	<p>Relaxation Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breathe in for 4, hold for 4, out for 4, hold out for 4. <input type="checkbox"/> Hold your hand to your heart and feel it slow down. <input type="checkbox"/> Name 3 things you can see, 2 things you can hear, and 1 thing you can feel. <input type="checkbox"/> Imagine your favorite place. <input type="checkbox"/> Take a shower or bath. <input type="checkbox"/> Repeat a positive statement about yourself three times.
<p>Distraction Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call a friend for a distraction. Ask how they're doing. <input type="checkbox"/> Do a crossword or word search. <input type="checkbox"/> Play with a pet or sibling. <input type="checkbox"/> Make up a game. <input type="checkbox"/> Sort/organize something. <input type="checkbox"/> Read a good book. <input type="checkbox"/> Write a creative story. <input type="checkbox"/> Make a list of your favorite things. <input type="checkbox"/> If it's safe, cook or bake something. <input type="checkbox"/> Do a crafting project. 	<p>Physical/Sensory Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Squeeze something squishy. <input type="checkbox"/> Touch a soft surface, like a fuzzy blanket. <input type="checkbox"/> Look at a calming image or video, like this one. <input type="checkbox"/> Run water over your hands. Focus on the sensations you feel. <input type="checkbox"/> Tense and relax your muscles, one by one. <input type="checkbox"/> Stretch. <input type="checkbox"/> Do jumping jacks, push ups, or any exercise you can do at home.

Crisis Resources

**IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER,
CALL 911 OR BRING THEM TO YOUR LOCAL EMERGENCY ROOM**

Counseling Resources: All of the following are free and available 24/7 by phone, text, or chat.

- **Crisis Text Line:** Text “START” to 741-741
- **Suicide Prevention Lifeline Phone:** 1-800-273-TALK (8255)
- **Substance Abuse and Mental Health Services Administration’s Disaster Distress Helpline:** 1-800-985-5990 or text TalkWithUs to 66746
- **Crisis Prevention and Response Team:** 914-925-5959 (Call for over the phone support, at this time all assessments are being done at their location- St. Vincent’s Hospital: 275 North Street, Harrison, New York 10528.)

**If you have any questions, concerns or are in need of resources, we are here to help! Michelle Ederer, School Social Worker, can be contacted via email at Mederer@amanicharter.org or by phone/text at (845) 276-4048.