

## Managing Our Mental Wellness During COVID-19



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Are you feeling:

- Stressed
- Lonely
- Isolated
- Sad
- Angry
- Overwhelmed
- Distressed
- Scared

**If you identified any of these feelings; remember these BIG emotions are normal as we continue to adjust to our new normal.**

### ACCEPTS

When you start a bit distress, add one of these interventions to your coping skills toolbelt.

- **Activities:** hobbies, cooking, exercise, blogging, gaming, playing instrument, declutter, family bonding tasks
- **Contributing:** Helping around the house, calling friend to say hi, social distancing visit with a neighbor
- **Comparisons:** Compare yourself to others' suffering (a character in a book or a movie; those impacted by disaster)

**APA Citation:** Linehan, M., M., (2014). **DBT** Training Manual. New York, NY: The Guilford Press.

- **E**motions: Read, watch or listen to things that have an emotion opposite to the emotion that you are feeling (if sad watch a comedy, if angry listen to silly music)
- **P**ushing away: Build an imaginary wall between yourself and the negative emotion, visualize putting the distressing thought in a box and storing it away. Envision a brick wall or a steel door that can't be penetrated
- **T**houghts: distraction...Counting to 10, deep breathing exercises, massaging pressure points, counting tiles on the floor, clouds in the sky, reading, puzzles, writing in a journal
- **S**ensations: Take a cold shower, hold ice in your hand, focus deeply on a piece of flavorful candy as you eat it (What do you see, hear, smell and taste?), take a walk using your senses: What do you see, hear or feel?

### **FREE Apps**

Mindshift

BellyBio Interactive Breathing

Take a Break! Guided Meditation for Stress Relief

What's Up

MoodMission

iBreathe

### **FREE Relaxation Videos**

How to Do Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=1nZEdqcGVzo>

Deep Breathing Exercises

<https://www.youtube.com/watch?v=EYQsRBNYdPk>