



In these uncertain times,

**PAUSE
AND
TAKE A
BREATH**



**TAKE CARE OF
YOUR
EMOTIONAL
HEALTH**



TAKE CARE OF YOUR EMOTIONAL HEALTH

Coronavirus, COVID-19, is causing uncertainty and anxiety. Community Health Engagement & Outreach would like to share information and resources that may help maintain a positive outlook, a healthy mindset, and overall wellbeing.



KNOW THE FACTS - SET HEALTHY LIMITS

As we try to navigate and adapt to Coronavirus, it is important to get up-to-date and accurate information from reputable sources for you and your family. News and social media may add to stress and anxiety, so finding the balance that works is key. Take a breath, and take care of your health.



CONNECTION

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Being in a constant state of 'doing' can deplete us, leading to burnout and exhaustion. Give yourself permission to unplug and reset. Stay connected with loved ones through technology. Your phone, FaceTime, Zoom, Google Hangout, Skype, and Marco Polo are great apps to keep in touch. Promote a sense of community by checking on others where you can, either by phone or virtually. Enjoy this time to be with your family by playing games, working puzzles, coloring, etc.



MIND

Our mindset and how we react to what is happening around us can impact our overall health and wellbeing. Getting back to basics and establishing routines can help our emotional health and wellbeing. It is important to stay present and be mindful of our thoughts, particularly negative thoughts about what the future may have in store. When you find yourself in this cycle of negative thinking, try taking a breath and bringing your focus back to the present moment. This is normal and it is important that we exercise compassion with yourself and others. Practicing self-compassion can reduce stress and build resiliency.



MIND (CONTINUED)

Breathing exercises may reduce stress. We have included several breathing exercise resources that may be helpful in establishing this daily practice in your life. It is important to continue to do things that you enjoy. Perhaps there is an unfinished project or hobby that you can focus your energy on and feel productive. Listening to music, writing, drawing, painting, and other creative activities, can also be therapeutic and calming. If you feel overwhelmed and have difficulty coping, reach out to your doctor or a health professional.



BODY

This is a time to maintain your physical and mental wellbeing. Social distancing complicates things, but there are creative ways to stay active. Social distancing may prevent illness and avoid exposure to others. This does not mean that you should avoid being active. To limit how much time we are sitting, it is important to get up and move around, walk in place, stretch, dance, do yoga, tai chi, or any activity that requires movement.

Practicing social distancing can include physical activity. Gyms may be closed, but some facilities and fitness instructors may offer virtual sessions and classes online. Friends and family may be able to exercise together virtually.

Spending time outdoors is calming and allows you to take in nature while changing scenery. Try mindful walking by focusing on your breath, as your mind wanders, bring your focus back to your breath. Nourish your body with plenty of water and a healthy diet with foods that boost immunity, such as fruits and vegetables. Power down for quality sleep to rejuvenate for the next day.

RESOURCES AND INFORMATION

KNOW THE FACTS

CDC: [Coronavirus COVID-19](#)

The [Missouri Department of Health & Senior services is updating its website daily](#)

You can reach their 24-hour COVID-19 hotline at 877-435-8411

MU Health: [Novel Coronavirus COVID-19](#)

MIND

Anxiety & Depression Association of America: [Resources to Help with Anxiety](#)

CDC: [Taking Care of Your Emotional Health](#)

CDC: [Managing Anxiety & Stress](#)

CDC: [Do You Get Enough Sleep](#)

Harvard University Health Services: [Managing Fears and Anxiety around COVID-19](#)

MO Department of Mental Health: [COVID-19 Information & Resources](#)

MU Extension: [Stress Management and the Challenge of Balance](#)

MU Extension: [Relevate - Elevate Your Relationship](#)

Stanford: [The Scientific Benefits of Self-Compassion](#)

UC Berkeley: [Mental Health and Coping During COVID-19](#)

United Way of Central Missouri: [Mindfulness Moments](#)

Yale Center for Emotional Intelligence: [Mood Meter App and website](#)

BODY

American Heart Association: [Choose Your One Workout](#)

MU School of Medicine: [Take a Deep Breath and Lower Your Blood Pressure](#)

WHERE TO GO FOR ADDITIONAL HELP

MO Department of Mental Health: [Access Crisis Intervention \(ACI\) Behavioral Health Crisis Hotline](#)

[National Suicide Hotline](#) 1-800-273-8255

SAMHSA: [Behavioral Health Treatment Locator Services](#)

SAMHSA: [National Disaster Distress Helpline](#)