

RESOURCES AND RECOMMENDATIONS FOR MANAGING YOUR EMOTIONAL HEALTH AMIDST THE COVID PANDEMIC

- **Reliable Sources:** access information from reputable and reliable sources whose information is based on scientific facts i.e. World Health Organization
- **Correct misinformation with references.** However, do not argue. It is exhausting and ultimately, adults will make their own decisions. Simply provide facts.
- **Limit social media exposure.** Being inundated with news and social media can lead to a heightened stress reaction and can negatively impact your mental health. Apps that can help you limit social media use: <https://www.theladders.com/career-advice/11-apps-that-will-help-you-reduce-your-screen-time>
- **Some level of fear and concern is normal.** Not every worry is negative. This is a new and daunting experience for the entire world. There should be some level of uncertainty. If your anxiety begins to impact the quality of your life and relationships, it may need to be more seriously addressed.
- **Control the things you can control:** incorporate daily exercise, keep a routine, monitor your food and alcohol intake, stay in touch with loved ones, wash your hands, social distancing.
- **Prioritize self-care:** take breaks, listen to your body (physical reactions to stress are very common), sleep, eat at regular intervals, exercise 30 minutes at least 3x a week, time outside.
- **Social distancing does not equal social isolation.** Schedule time to connect with family and friends. Engage in chat groups, online classes and activities. (Ex: like Eventbrite, Instagram DJsetc.)
- **You are human too:** Recognize that you are human and have limitations and needs. You cannot care for others if you do not first care for yourself.
- **Gratitude Journal:** begin or end each day with gratitude. Studies show focusing on what you are appreciative of can significantly improve your mood
- **Get fresh air:** Even if it is just to step outside of your home for 10 minutes in the morning and 10 minutes at night. Sun exposure can help improve your mood.
- **Mindfulness:** Focusing on the present and utilizing your 5 senses to engage with your environment, can help reduce stress and reduce negative thoughts and emotions. Mindfulness can be something as simple as paying close attention to the smells, taste and texture of your food or identifying the sounds and colors you observe when outside. Mindful eating can lead to healthier choices and weight loss.
- **Find an accountability partner.** You are more likely to remain consistent with goals if you have to check-in with someone else.
- **Create Smart Goals:** Set goals that you know you can accomplish. Goals should be specific, measurable, attainable, realistic and timely. If you can create repeated successful experiences, it can help you to re-establish a sense of environmental control. For ex, my goal is to wash clothes this week and put them away next week :)

- **Recognize when things are not going well** :change in sleep, appetite, behavior, increased isolation, hopelessness, paralyzing fear, increased irritability, aggression, poor concentration, emotional detachment, chronic fatigue, increased substance use, self-harm, inability to maintain basic hygiene, feeling in a persistent state of fight/flight/freeze, unsafe thoughts or behaviors.
- **Monitor your intake of alcohol and other substances:** It is not uncommon for there to be an increase in substance use during times of stress and trauma. However, daily or regular use of substances puts you at risk of developing a Substance Use Disorder.
- **Understand your risk factors for developing mental health problems in the future:** history of past trauma, history of existing mental health diagnosis, perceived or actual lack of support, concurrent stressors, ethnic minority, middle age, lower socio-economic status.
- **Seek mental healthcare:** Mental healthcare is available via telehealth and there are numerous platforms and organizations providing telepsychiatry or telehealth services.
- **Positive self-talk:** encourage yourself, using edifying and hopeful language. Be careful to monitor catastrophic or black and white thinking: i.e "it will always be bad". Negative thinking can lead us to miss the positive in our lives.
- **Managing your grief:** Grief is not always linear and can occur in any order. Stages of Grief: Denial, Anger, Bargaining, Sadness, Acceptance, Meaning. You can experience them many times throughout the grieving process
- **Vitamin Supplements/alt treatments:** Vitamin D, Vitamin C, multivitamins, Zinc, melatonin for sleep (not in pregnant women), Omega 3 Fatty acids, Light box. Check with your doctor before starting any regime.
- **Behavioral Activation:** Do things that are good for you, even when you do not feel like doing them. "Fake it until you make it."
- **Maintain Hygiene:** Be sure to continue your routine of showering, brushing your teeth and getting dressed.

EMOTIONAL SUPPORT RESOURCES

How to make healthy choices under extraordinary conditions. Mom's Hierarchy of Needs:

https://momshierarchyofneeds.com/make_healthy_choices

"That Discomfort Your Feeling is Grief": <https://hbr.org/grief>

American Foundation for Suicide Prevention: https://afsp.org/taking_care_of_your_mental_health

NAMI COVID Guide: <https://www.nami.org/covid-19-guide>

Mental Health America COVID Resources: <https://mhanational.org/covid19>

Manage Reactions to Corona Virus-Riverside Community Care: <http://riversidetraumacenter.org>

WHO Psychosocial Considerations during COVID: <https://www.who.mental-health-considerations>

Substance Abuse Support <https://www.samhsa.gov/find-help/national-helpline>

Families for Depression Awareness: www.familiesaware.org

Providers of Color: <https://www.innopsych.com/>

Telehealth: <https://evolvdhealth.com/>

EMOTIONAL SUPPORT RESOURCES (CONTINUED)

Family support for those with substance abuse issues: <https://www.drugrehab.com/support>

Screening for Depression – PHQ9: <https://www.mdcalc.com/phq-9-patient-health-questionnaire-9>

Netflix watch party: <https://www.netflixparty.com/>

Substance Abuse Support: <https://www.helpguide.org/overcoming-drug-addiction.html>

Calm Harm is an app designed to help people resist or manage the urge to self-harm: <https://www.nhs.uk/apps-library/calm-harm/>

RESOURCES FOR MEDITATION AND MINDFULNESS

Safe Space: <https://www.vibrant.org/safespace>

Headspace App: <https://www.headspace.com/headspace-meditation-app>

UCLA Mindfulness App: <https://www.uclahealth.org/marc/ucla-mindful-app>

Youtube Breathe video: <https://www.youtube.com/breathe>

I am present family meditation https://innerexplorer.org/compass/family_onboarding

Calm App: <https://www.calm.com/>

My mind self care: <https://www.annafreud.org/on-my-mind/self-care/>

Mental health Journal writing: <http://shawmindfoundation.org/the-power-of-writing-and-journaling-for-mental-health/>

RESOURCES FOR PARENTS

American Academy of Child & Adolescent Psychiatry:
https://www.aacap.org/AACAP/Families_and_Youth

American Psychological Association: https://www.apa.org/parenting_resources

NPR Segment for families to learn about COVID: [NPR segment](#)

How to talk to children about CoViD-19: [Nationwide Children’s articles](#) and [podcast](#)

Helping homebound children: [Center for the Study of Traumatic Stress:](#)

Parent/caregiver helping families to cope: [National Child Traumatic Stress Network](#)

Education about Coronavirus for children with autism: <https://autismeducators.com/>

Free yoga and mindfulness videos (and on YouTube), [app](#) free for 2 weeks: [Cosmic Kids Yoga:](#)

Movement and mindfulness for younger children: [Go Noodle:](#)

Parent Toolkit: <https://www.parenttoolkit.com>

Sesame Street Parent toolkit: <https://www.sesamestreet.org/toolkits>

Resources about adolescent mental health: <https://www.adolescenthealth.org/Resources>

POST PARTUM RESOURCES

Post Partum Support International: <https://www.postpartum.net>

Post Partum Mental Health: <https://hideo.com/9-ways-to-address-postpartum-mental-health-during-covid-19/>

Self care manual for moms: [Self Care manual for moms - CBT based activities](#)

Tips for coping with a new baby during COVID: <https://www.healthychildren.org/Tips for Coping with a new baby>

American College of Obstetricians and Gynecologists: <https://www.acog.org/patient-resources/faqs/pregnancy>

Post Partum Stress Center Self Assessment Screening tool <https://postpartumstress.com/get-help-2/do-i-have-ppd/>

Mental Health Support Group for Women of Color - <https://www.facebook.com/tesseractcollective>

Perinatal Mental Health Alliance for People of Color - <https://www.postpartum.net/resources/perinatal-mental-health-alliance-for-people-of-color/>

Infant Loss: <https://www.propacityco.org/>

SEEK HELP IF YOU HAVE UNSAFE THOUGHTS OR NEED URGENT SUPPORT

- Good Samaritans hotline: 877-870-4673
- Samariteens at 800-252-8336 (for teenagers)
- National Suicide Prevention Hotline: at 1-800-273TALK (8255)
- NAMI Help Line: 1800-950-NAMI or info@nami.org
- SAMHSA DISASTER/DISTRESS HELPLINE: 1800-985-5990
- National Domestic Violence Hotline: 1800-799-72334
- Crisis Text Line: Text HOME to 741741
- National Drug Helpline: 1844-289-0879
- Substance Abuse and Mental Health Service Administration National Helpline: 1800-662-HELP (4357)
- PSI Helpline: Call the PSI Helpline at 1-800-944-4773(4PPD)
- Send a text message to our Helpline: 503-894-9453 (English)
- Mandar texto en español al 971-420-0294



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