Live in the moment with mindfulness

Mindfulness is the practice of living in, and being aware of, the present moment, free from judgment and overthinking. It can be an effective way to control worry and anxiety, no matter what the situation. These tips can help you get started.

Notice the world around you. Try to appreciate the small details of your life. For example, look out the window and take notice of the sky—the color and shape of the clouds and treetops swaying.

Be actively engaged. Whether you are working on a project, having a conversation, reading a book or watching a movie, give whatever it is you are doing your full attention.

Learn to let go of the things you can’t control and focus on the one thing you can: The decisions you make in the present.

Focus on effective coping techniques:

- Practice constructive thinking: “One’s thoughts produce one’s emotions”
- Get the facts without overreacting
- Keep things in perspective
- Find ways to stay connected virtually
- Stay physically healthy
- Maintain connections with the people in your life
- Self-monitor: Take your “psychological pulse”
- Know about available resources if needed

If you are struggling with worry, reach out to your healthcare practitioner for guidance and support.

Feeling worried about coronavirus (COVID-19)?

Anxiety, excessive worrying, feeling helpless, concentration challenges and difficulty sleeping are all unwelcome side effects during times of uncertainty. Developing good coping techniques can help you feel calm and in control. Here are some tips:

Avoid ineffective coping techniques:

- Engaging in destructive thinking: “Sound the alarm!”
- Overexposing yourself to the media
- Assuming anyone that coughs or sneezes “has it”
- Ignoring your feelings
- Participating in unhealthy eating or drinking habits

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Stay informed!

Follow the guidelines and information provided by the Centers for Disease Control and Prevention. Visit:

www.cdc.gov/coronavirus/index.html

For information about COVID-19 in your state, search your state’s health department, which works with the CDC to monitor and implement all recommendations:

www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html

Minimize worry. When you find yourself worrying, remind yourself to stop and refocus on the present moment.

Act deliberately. As you go through your day, think about the tasks you’re performing and what is going on while you’re doing them.

Slow down and do less. Prioritize items on your to-do list and make sure that you’re focusing on what is necessary while allowing yourself to do things for pleasure.
Coronavirus (COVID-19): A reminder to protect yourself and others

- Avoid close contact with people who are sick
- Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Disinfect frequently touched objects and surfaces
- Cover your cough or sneeze with a tissue, then discard the tissue
- Follow current recommendations for social distancing

Drugs or alcohol:
Signs you may have a problem

Using alcohol or drugs to unwind, calm your jitters or feel sociable can start out as fun but can easily turn into a problem even before you may be aware of it. If you answer “Yes” to any of the following, it may be time to get help to protect your health.

- I use stress, shyness, or other friends that drink or use drugs as reasons to drink/use myself.
- I’ve tried to quit or cut back, but can’t.
- People have talked to me about my drinking/drug use.
- I’m spending more time with heavy drinkers/drug users.
- I avoid parties and places where there isn’t alcohol/drugs.
- I’m skipping work and/or missing deadlines.
- I’ve started to hide my alcohol or drug use from others.
- I’m having accidents, such as tripping and falling.
- I’m engaging in risky behavior such as driving while drinking or getting high.
- I have more arguments with friends and family when drinking or getting high.
- I’ve blacked out and don’t remember what happened.

A licensed counselor can help you understand your patterns of alcohol or substance use, learn better ways to cope with stress, and make healthy choices.

National Stress Awareness Month

Find helpful information about coping with stress for people of all ages and circumstances including tips for parents to help kids and teens cope with stress.

https://www.cdc.gov/violenceprevention/suicide/copingwithstresstips.html