



Resources for COVID-19

7 Ways to Practice Self-Care When It's Difficult



Real self-care for mental health is not bath bombs and luxury massages. Effective self-care takes discipline, but what should you do if you don't even have the energy to get out of bed?

We want to encourage you to make little adjustments to practice self-care from the comfort of your own home.

1 Get off social media or put down electronics altogether.

Social media is made to be addictive to your brain. Heavy social media use has also been [linked to higher rates of depression](#). If putting down your phone completely will cause you stress, take a break by playing a virtual game like solitaire.

2 Try paced breathing.

Taking deep breaths into your stomach helps reset your system. To do paced breathing correctly, breathe in for five, hold for three, and breathe out for six. Try to make your exhale longer than your inhale.

3 Open the blinds or curtains.

If you don't have the energy to get outside, let the sun in through your window. [Sunlight has been proven](#) to help release feel-good chemicals.

4 Journal, draw, or color your feelings.

Expressing yourself creatively is a great way to get all your confusing and negative feelings out. While it isn't a cure for any mental illness, it's a wonderful, low-energy coping technique. You can later share what you wrote/drew with your therapist or a loved one.

5 Turn on music that makes you happy.

Fight the urge to listen to sad songs that will make you more upset. Get on Pandora, Spotify, or YouTube and put on a playlist that's full of feel-good tunes. You might just feel like dancing out of bed.

6 Call a loved one to catch up.

If you live alone or spend lots of time isolated from others, this is a critical step. Connecting to those you love can make all the difference when it comes to making a bad day good. You don't even have to talk about how you're feeling, just talk.

7 Let yourself have a bad day.

A lot of well-intentioned people will encourage you to "stay positive" or "think happy thoughts." But you know it's not that easy when you are going through a rough patch or when you have a mental illness. Be kind to yourself if you can't get out of bed—just maybe you'll get a foot on the ground tomorrow.

Together, let's take a small step every day.
Mental Health Month • May 2020

#Steps4
Mental
Health
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COVID-19 Resources

National Alliance on Mental Illness (NAMI)

<http://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources>

Cabarrus County Schools School Social Work Website

<http://www.cabarrus.k12.nc.us//Domain/515>

Conscious Discipline COVID-19

<http://consciousdiscipline.com/>

A Tool Kit for Supporting Families dealing with COVID-19

<http://healthyathome.readyrosie.com/en/>

American Academy for Pediatrics

<http://services.aap.org/en/news-room/news-releases/aap/2020/aap-offers-parent-tips-and-resources-for-dealing-with-covid-19-and-its-stresses/>

Resources for Kids and Parents

[Family-Friendly COVID-19 Town Hall](#)

Sesame Street hosted a 90-minute kid-friendly Q&A, moderated by Big Bird, to discuss COVID-19 questions submitted by parents and children.

[PBS Resources for Kids](#)

Every Monday through May 11, 2020, check out PBS KIDS' read-along videos and materials for families. Each story time video airs at 12pm ET on the PBS KIDS' [Facebook page](#) and [YouTube channel](#).

[Coronavirus Parents: Parenting in a Pandemic Facebook Group](#)

The nonprofit group Parents Together has started a COVID-19 support group on Facebook for parents to support each other during this challenging time.

Resources for Adults

[Quarantine Chat](#)

Feeling isolated? Sign up to receive random calls from others in quarantine. Select your language and you will be subscribed to periodic calls which are free and private.

[Cards for the Elderly](#)

Share the love by writing a letter to someone who might be especially isolated during this time. The nonprofit, Love for the Elderly, collects and delivers kind letters to senior facilities around the country.

[Personal Mental Health Stories from National Association for Mental Illness \(NAMI\)](#)

Read stories from real people experiencing mental health conditions. You can submit your own story at nami.org/yourstory.

Center for Child and Family Health

A recording of the **Trauma-Informed Communities and COVID-19** webinar is now accessible on the CCFH website at <http://www.ccfhnc.org/resources/webinar-trauma-informed-communities-and-covid-19/>.

Cardinal Innovations Resource Page

<http://www.cardinalinnovations.org/COVID-19>

North Carolina Government COVID Response

<http://www.nc.gov/covid19>

North Carolina Cooperative Extension Resource Page

<http://covid19.ces.ncsu.edu/health-wellness/>

Coping with the Impact of COVID-19-Recording of Presentation

Access to recording:

http://zoom.us/rec/share/39VTF5ao9k5IS5HW71vhd5BxJr_mX6a8hCEe_alMyk9Ix2P_lwQnyLIE1NRwjlzv

Please note the password to access -

Password: 5s@g77@%

Articles on Grief and Loss

<http://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931>

[Understanding Grief in the Age of the COVID-19 Pandemic](http://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931)

The global coronavirus pandemic has created a new reality marked by grief and loss. Weddings, concerts, meetings, travels plans, school events, and more have been canceled in the wake of the virus.

www.verywellmind.com

<http://www.psychologytoday.com/us/blog/bravery-in-bereavement/202004/how-cope-bereavement-during-the-covid-19-pandemic>

[How to Cope with Bereavement During the COVID-19 Pandemic | Psychology Today](http://www.psychologytoday.com/us/blog/bravery-in-bereavement/202004/how-cope-bereavement-during-the-covid-19-pandemic)

How to Cope with Bereavement During the COVID-19 Pandemic Grieving the loss of a loved one may be especially challenging right now. Posted Apr 07, 2020

www.psychologytoday.com

[Grief and COVID-19: Saying goodbye in the age of physical distancing](http://www.apa.org)

Every culture has its own customs and rituals for mourning loved ones. Whether it's sitting shiva, lining up for a New Orleans-style jazz procession or a sharing a meal with loved ones after a secular memorial service, virtually every custom shares a key element: social connection.

www.apa.org