

Coping During Crisis

When life unexpectedly changes as it has in recent days, we are often left feeling helpless. And while we cannot control what is happening, there are things we can do to influence the impact on ourselves and others.

1. TURN TO GOD- pray and ask God for comfort and peace. Find a favorite scripture that you can focus your attention on during this difficult time. Enjoy favorite hymns or spiritual music.
2. REDUCE MEDIA/SOCIAL MEDIA EXPOSURE – pick a reliable news source, or just the CDC website, and check in no more than twice per day for new information.
3. KEEP A SCHEDULE – it doesn't have to be rigid, or look the same as "regular life", but a relative bedtime/wake time is encouraged. Talk to your kids about the time of day they work best at schoolwork, and let them help guide the schedule.
4. DISTRACT YOURSELF – Watch funny movies, read a good book, or play games. Find a new hobby or pick up an old one you used to enjoy. Talk about things other than the virus.
5. MAKE A GRATITUDE LIST – write at least 3 different things you are thankful for daily.
6. EXERCISE DAILY – gyms are closed, but the outdoors are open – walk, hike, walk the dog, bike, do yardwork, use an exercise app or a yoga app
7. MEDITATE – if you don't know how, use a YouTube video or an app to guide you. Recommended apps: Headspace, Instant Timer, Simply Being, Calm
8. DO SOMETHING TO CARE FOR OTHERS – check in on a neighbor, walk a dog for a person who has health issues or small children, offer to grab things at the grocery for someone, reach out and tell someone you're praying for them.
9. ENCOURAGE FAMILY ACTIVITIES – it doesn't have to be everyone doing the same thing – pair off and have a baking competition, take turns making an "awesome" dinner, teach someone a card game, do a jigsaw puzzle. Respect that everyone doesn't like the same things.
10. TAKE SOME TIME ALONE – time together is so important but we all need a little time for ourselves.

If you or someone you love is in need of immediate crisis care please contact one of the resources below:

- St. Vincent's Stress Center: 1-800-872-2210
- Community Behavioral Health Crisis Line: 317-621-5700
- The National Suicide Prevention Life Line: 800--273-8255
- Crisis Text Line: TEXT 741741