

Stone Academy Resources to support mental health during the COVID 19 Pandemic

COVID 19 has altered our lives in the Stone Academy community. These changes can result in stress, nervousness, fear, or anxiety. To support community members during this time, you will find several links that provide information, resources, and social support that can help manage the stressors and challenges we are all experiencing. We have compiled tips on ways individuals can take care of their mental health and well-being throughout the COVID-19 pandemic.

8 TIPS FOR SUPPORTING MENTAL HEALTH DURING COVID-19

1. *Create and maintain routine:*

Schedule your time, take breaks, maintain a routine sleep schedule, take advantage of sleep hygiene techniques, and consider writing out your schedule then sharing with a friend or family member to increase accountability. The absence of your typical routine gives you an opportunity to develop a new routine.

2. *Engage in mindful awareness practices.*

When we experience stress, we may find our minds “racing,” often with unhelpful thoughts. These thoughts can lead to more stress, catching us in quite a loop. Break the pattern—make a firm plan to practice mindfulness. Sit quietly and allow the body to breathe deeply (full inhaled in, full exhaled out), then gently invite your mind to return from the races and join you in the present moment as you sit and breathe. Invite your mind back kindly as many times as needed. Repeat the practice daily for 10 to 15 minutes or more.

3. *Maintain exercise and physical activity.*

Be creative with your workouts. Check out YouTube, fitness apps, or your local gym for free online classes. Get outside when you can while maintaining social distancing.

4. *Balance nutrition.*

Cut yourself some slack and indulge in cravings, but balance this with nutritional foods. Good nutrition supports your immune system. Ask for help if you're concerned about food insecurity.

5. *Set boundaries for social media consumption.*

Stay informed but set appropriate limits; know the facts but avoid catastrophic and all-or-nothing thinking.

6. *Social distance but connect emotionally.*

Use FaceTime, Zoom, and other tools to reach out to friends and family, and schedule times to connect with them.

7. *Continue nurturing your well-being.*

Reach out for mental health support when needed. It's common for alcohol and drug use to increase during times of stress. Finding a balance as well as support and accountability, especially for those in recovery, can be helpful.

8. *Find ways to stay accountable.*

Share your wellness plan with a friend or family member who can help. Think of the different areas of your life that may require different accountability plans—physical, emotional, spiritual, academic and professional.

For further mental health and social services, please call the Stone Academy 211 hotline at 1-855-472-3729.

If you are feeling anxiety or stress related to the coronavirus, know that there are resources and services to help you manage your concerns.

Center for Disease Control

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://wwwnc.cdc.gov/travel/notices>

World Health Organization

- <https://www.who.int/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- <https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

- <https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>
- <https://www.cnn.com/world/live-news/coronavirus-outbreak-03-13-20-intl-hnk/index.html>
- <https://www.cnn.com/world/live-news/coronavirus-outbreak-03-13-20-intl-hnk/index.html>

Veteran Affairs Resources

VA has implemented an aggressive public health response to protect and care for Veterans, their families, health care providers, and staff in the face of this emerging health risk. They are working directly with the CDC and other federal partners to monitor the outbreak of the virus. Additional resources are available:

<https://www.publichealth.va.gov/n-coronavirus>

Harmony at Home/Domestic Violence Support

Self-isolation during the pandemic can be dangerous for those in abusive relationships. Resources are limited, but there are options. What do you do if you're confined to the most terrifying place — your home?

CT Safe Connect at www.CTSafeConnect.org or the 888-774-2900

<https://www.end-violence.org/protecting-children-during-covid-19-outbreak>

Connecticut 211

National Domestic Violence Hotline 1-800-273-8255

National Sexual Assault Hotline 1-800-656-4673

Health Resources and Information

- Visit [Coronavirus.gov](https://www.coronavirus.gov) for the latest official information from the Coronavirus (COVID-19) Task Force at the White House
- Visit the [Centers for Disease Control \(CDC\)](https://www.cdc.gov) for official Coronavirus (COVID-19) health information
- Visit [FEMA](https://www.fema.gov) for answers to coronavirus myths and rumors

Mental Health Support Resources

- [CDC on managing stress](https://www.cdc.gov/mentalhealth)
- Visit [Coronavirus.gov](https://www.coronavirus.gov) National Alliance on Mental Illness

Citation:

<https://news.vanderbilt.edu/2020/04/06/resources-and-tips-for-supporting-your-mental-health-during-covid-19/>