

WOMEN AND CHILDREN'S MENTAL HEALTH MAINTENANCE IN THE TIME OF COVID-19

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INTERESTING TIMES...

- This is a shift from our “normal”
- Allows us to pivot
 - Job/Careers
 - Relationships
 - Routines
 - Finances
 - Passions

PHYSICAL DISTANCING

- Let's use this terminology rather than social isolation to reframe how we approach this
 - It is critical to practice physical distancing to “flatten the curve” as to not overwhelm our medical systems with critically ill patients
- We can acknowledge that some of us to live alone without shifting to a place of loneliness



Loneliness VS. Aloneness

- ▶ Leader feel alone in their Responsibilities , but never feel Lonely

LONELINESS

Loneliness is a lack, a feeling that something is missing, a pain, a depression, a need, an incompleteness, an absence.

ALONENESS

Being alone simply means that you are in solitude.



Being
alone

does not mean you are

lonely,

and being

lonely

does not mean you are

alone.

RULES OF ENGAGEMENT

- Acknowledge how you feel
- It is okay to grieve the loss of how life was and how it has changed
- A sense of uncertainty is expected
 - Sleeping and eating disturbances

RULES OF ENGAGEMENT

- On the days when you can, set a schedule to follow so that you can be productive but also relax
- Create a weekly social calendar
 - Happy hour via Zoom/Google Hangouts/Google Duo/What's App
 - Attend church and bible study via livestream
 - Playdates
 - Visits with family
 - Phone
 - Drive by hellos

RULES OF ENGAGEMENT

- If possible, keep appointments utilizing technology
 - Physical therapy
 - Behavioral therapy
 - Routine doctor visits

RULES OF ENGAGEMENT

- Civic and social groups
 - Prayer calls
 - Dance parties

RULES OF ENGAGEMENT

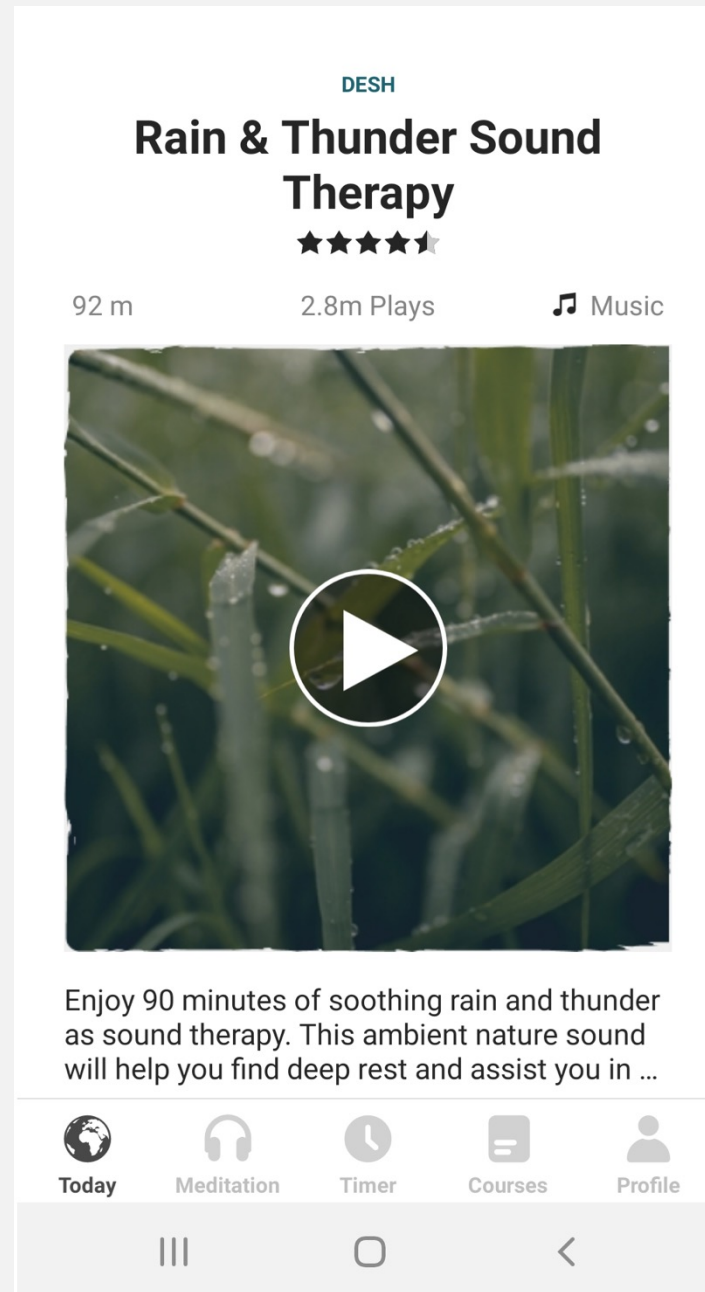
- Identify at least 1-2 people in your life that you can mentally/emotionally check in with at least weekly
 - Are they safe for you to be vulnerable with?
 - Do they have the capacity for you to share?
 - Be sure to ask!
 - Keep boundaries in place
- Schedule phone calls/emails/video chats
 - Family
 - Friends

RULES OF ENGAGEMENT

- Clean
 - Chores
- Sort/De-clutter
 - Bins/boxes
- Organize
 - The closet
 - Books/DVDs/Music

RULES OF ENGAGEMENT

- Have fun!
 - Exercise/move your body!
 - Netflix
 - IG: Club Quarantine with DJ Nice
 - Catch up on reading
 - Game night




OTHER RESOURCES

- Podcast
 - Therapy for Black Girls
 - The Love Hour
 - Questlove Supreme
 - Is this going to cause an argument?
- YouTube
 - Can typically find the recording for some podcasts
 - Comedians/Comedy specials
 - HGTV and Food Network shows
 - House Hunters
 - My Lottery Home

OTHER RESOURCES

- Overdrive and Libby Library App
- Audible <https://stories.audible.com/start-listen>
- Free school resources http://www.openculture.com/free_k-12_educational_resources



P E A C E

I LEAVE WITH YOU;

MY PEACE

I GIVE YOU. I DO NOT

GIVE TO YOU AS THE

WORLD GIVES. DO NOT

LET YOUR HEARTS

BE TROUBLED AND

DO NOT BE AFRAID.

- J O H N 1 4 : 2 7 -

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