

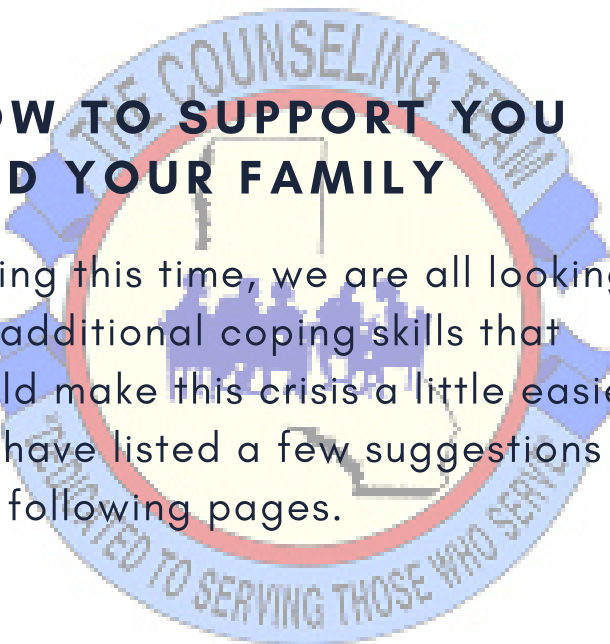
BEHAVIORAL HEALTH TIPS: COVID-19

THE COUNSELING TEAM INTERNATIONAL



HOW TO SUPPORT YOU AND YOUR FAMILY

During this time, we are all looking for additional coping skills that could make this crisis a little easier. We have listed a few suggestions on the following pages.



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SOME PRACTICAL TIPS:

- **Be good consumers of information:**

not everything reported in the news is accurate. There is so much information bombarding us so we should consider where the information is coming from and if they are actually a valid resource for information. Keep in mind that the information is constantly changing as this is a very fluid situation.

- **Don't watch or read too much news:**

remain informed, but once we become obsessive about the consumption of information we lose the ability to be rational. Remember, if you have children they hear everything and sending them messages that you are afraid or scared may cause them to experience the same reactions. However, adults have an easier time communicating and processing these feelings where children often times do not have the ability to do so.

- **Find stress reducing activities for the family:**

games, fun TV shows, movies, and family exercise activities can all be great bonding experiences.

- **Practice healthy self-care techniques:**

activities like deep breathing, muscle relaxation, meditation, yoga, mindfulness, and prayer can provide us with a sense of relief and relaxation during times of stress.

- **Keep yourself healthy:**

try to keep good nutrition in mind and monitor the amount of alcohol consumed. Alcohol consumption and poor eating choices can increase with boredom.

- **Don't make any impulsive decisions during times of peak stress:**

major decisions should be put off until a time when there's not as much stress being experienced.

- **Remember that we can only control what we can control:**

practicing prevention techniques can help reduce anxiety. This may include: "social distancing", frequently washing your hands, using antibacterial products, getting as much sleep as possible, and sterilizing surfaces as much as you can.

- **Become familiar with symptoms of COVID-19:**

if you have concerns about your health, contact your medical doctor and get an evaluation.

- **If you experience feelings of sadness, depression, anxiety, or anger know that you are not alone:**

please reach out to us for support and one of our clinicians can assist you during this time. We are currently offering sessions via both telehealth and face-to-face and our crisis line is available 24/7/365.

A SIMPLE MESSAGE

Try to do the best you can with what is going on at the present time. Perhaps this would be a good time for you to slow down and look at this challenge as a time to reconnect with your family and friends through phone calls or video conversations. We can utilize this time to strengthen our connections rather than our fear. This is also a great opportunity for you to reconnect with yourself and find things that you enjoy doing for self-care.

GO OUTSIDE, TAKE A BREAK. THIS WILL HELP MITIGATE ANY FEELINGS OF CABIN FEVER.