

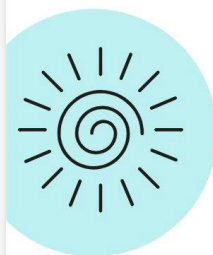
## Mental & Emotional Health Support

We are living through challenging times filled with worries, fears, anxiety and uncertainty. Incorporating mindfulness into your daily routine can help calm feelings of anxiety as well as build healthy coping skills. Mindfulness is about paying attention to the present moment since focusing on the future can heighten feelings of uncertainty, fear and anxiety.

Practicing mindfulness also has other benefits such as improving memory and focus, improving our ability to adapt to stressful situations and improving our ability to manage our emotions.

Below are some links to videos and worksheets to help you practice mindfulness and help manage feelings of anxiety and fear related to COVID-19.

### MINDFULNESS PRACTICES DURING COVID-19



#### EARLY MORNING COMPASSION

Before you get out of bed:

- Sit in a comfortable position
- Take 10 breaths, with thoughts below:
  - Inhale - "May I accept things the way they are"
  - Exhale - "May I be at peace"
  - Inhale - "May I accept things the way they are"
  - Exhale - "May I be at peace"

#### CALMING MINDFUL CORNER

Have each family member identify a Mindful Corner:

- This a place for alone time (i.e. no one can bother you while there!)
- When you sit in your Mindful Corner, practice **Square Breathing (10 times, or set a timer!)**
- Imagine a square:
  - **Inhale** as you go across the top of the square
  - **Hold** your breath as you go down the right side
  - **Exhale** as you go across the bottom
  - **Hold** your breath as you go up the left side



#### COMMUNITY MINDFULNESS

Practice mindfulness as a family (or FaceTime a community member or another family):

- Dinner time (or right before everyone heads to bed)
- Set a timer for 5 mins and sit quietly with eyes open or closed
- Listen to the sounds in the room, feel your belly move with your breath, or simply let your mind wander
- When the timer goes off, congratulate yourself
- Talk about the experience!

#### Mindfulness during trying times

- **Practice compassion** - if you feel edgy, so do your housemates; have empathy for what they are feeling
- **Have patience** - it is hard for everyone to be in close quarters, so we have to remind ourselves to be patient
- **Reach out** - there are others out there who need you. Reach out to a family member or friend who might be lonely
- **Pay it forward** - many in our community are not working or have struggling businesses. Try to help out where you can (e.g., tip bigger!)

### Mind Full, or Mindful?



[Mindfulness Video](#)

[Everyday Mindfulness](#)

[Mindfulness Worksheet](#)

[Grounding with your 5 Senses](#)

[Mindfulness Apps](#)

[Calm](#)

[Headspace](#)

[Stop, Breathe, Think](#)