Stress Management

- Do a digital detox
- Plan a healthy diet
- Get enough sleep
- Take time for yourself
- Exercise regularly
- Be kind
- Be in nature
Coping Strategies

• Control the things that you can – wash your hands for 20 seconds, cleanse your repeatedly used areas with disinfectant, maintain social distancing.

• Listen to your body – what is it telling you? Do you need to slow down or speed up? (depression vs. anxiety)

• Put some structure into your day – make plans, develop a hobby

• Keep yourself healthy – get enough sleep, eat well nourished meals.

• Limit your media use.
Coping Strategies

• Find ways to relax – meditation, mindfulness, stretching, listen to music, read a book
• Reach out to others – call family/friends, video chat, go on group chats or group classes/exercise
• Take care of others – check in on a neighbor, create something that could help others (music, art, dance, poetry reading, etc), take care of your pets
• Exercise – go for a walk, get some fresh air, stretch or work out in your home
Coping with Covid-19
Yes, there is fear.
Yes, there is isolation.
Yes, there is panic buying.
Yes, there is sickness.
Yes, there is even death.
But
They say that in Wuhan after so many years of noise, you can hear the birds again.
They say that after just a few weeks of quiet, the sky is no longer thick with fumes, but blue and grey and clear.
They say that in the streets of Assisi people are singing to each other across the empty squares, keeping their windows open so that those who are alone may hear the sounds of family around them.
They say that a hotel in the west of Ireland is offering free meals and delivery to the housebound.
Today a young woman I know is busy spreading fliers with her number through the neighbourhood so that the elders may have someone to call on.
Today churches, synagogues, mosques and temples are preparing to welcome and shelter the homeless, the sick, the weary.
All over the world people are slowing down and reflecting.
All over the world people are looking at their neighbours in a new way.
All over the world people are waking up to a new reality of how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that yes, there is fear, but there does not have to be hate.
Yes, there is isolation, but there does not have to be loneliness.
Yes, there is panic buying, but there does not have to be meanness.
Yes, there is sickness, but there does not have to be disease of the soul.
Yes, there is even death, but there can always be a rebirth of love.

Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic, the birds are singing again.
The sky is clearing, spring is coming, and we are always encompassed by love.
Open the windows of your soul and though you may not be able to touch across the empty square, sing.

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