

Stress Management



DO A DIGITAL DETOX



PLAN A HEALTHY DIET



GET ENOUGH SLEEP



TAKE TIME FOR YOURSELF



EXERCISE REGULARLY



BE KIND



TAKE BREAKS DURING WORK HOURS



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



Poem

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.

Poem

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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