

# Your Emotional Health

## During the COVID-19 Pandemic



It is natural to feel stress, anxiety, grief and worry during and after a disaster. Everyone reacts differently and your feelings will change over time. Notice and accept how you feel. Self-care during an emergency will help your long-term healing. Processing and adapting to this difficult time, praying, and reaching out for assistance are all ways to self-care. Please reach out if you are feeling overwhelmed. You don't have to walk through it alone. The Care Team can be reached at 515-222-1520 or [care@hopewdm.org](mailto:care@hopewdm.org). For urgent care needs, please call our after-hours emergency call service at 515-875-5300.

### COPING TIPS

- **Take care of your body** – Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- **Connect with others** – Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system. Connect with Hope. Online resources are on our website: [lutheranchurchofhope.org](http://lutheranchurchofhope.org).
- **Take breaks** – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed** – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news** – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed** – If distress impacts activities of your daily life for several days or weeks, talk to the Care Team at the numbers above, or a tele-counselor, a doctor, or call the Substance Abuse and Mental Health Services Administration helpline at 1-800-985-5990.

### PROCESS YOUR FEELINGS

#### Stressors

What aspects of the coronavirus are challenging or causing you fear? (Social distancing, being quarantined, financial hardships, cancelled events and schools, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Grief

What are you grieving in this unexpected season? (income loss, postponed/canceled events such as weddings, graduations, funerals, sporting events; coffee with friends, movies, workout classes, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Safe People

Name people you can share your stress and grief with right now. (Friends, family, pastor, a counselor, neighbors, your small group, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Hope and Thankfulness

Fill in the blanks:

"I hope \_\_\_\_\_." (To start a journal, to meet more of my neighbors, to enjoy my time at home, to learn how to cook, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

"I'm thankful for \_\_\_\_\_." (God watching over me, my home, my family, my pets, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Connect

Use the resources you know of for support (Daily devotions, online worship, podcasts, 90 Seconds of Hope, Hope Live, visit [lutheranchurchofhope.com](http://lutheranchurchofhope.com) for a complete list)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Grow

What are some new activities you can explore? (Baking, taking walks, reading a good book, listening to a new podcast, learning a new hobby, trying a new type of art – pastels, coloring book, knitting, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Serve

What are ways you can give to others during this crisis? (FaceTime or call friends, drop off groceries to a friend, help at the Hope Grimes Food Bank distribution, join the God Squad)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If you are looking for ways to receive help please visit: [lutheranchurchofhope.org](http://lutheranchurchofhope.org).

