

“Top Ten Tension Tactics” to Maintain Wellness during Social Distancing

1. Please keep connected to others. This means calling them, texting and face timing. Facetime and video calling are a technological gift to us at this time. Seeing the faces of others can assist in filling the void of their presence. This can be very meaningful for grandparents if you have the capability to arrange video or facetime at their location. This will reduce isolation and give eyes on those that you may be worried about. This puts another face in the living room.
2. Journaling has been a key idea. We are living life in a unique time. Writing about the event can be helpful to assist in processing your reactions. In addition, think about the info that you may pass on to your children or grandchildren regarding this historic time. Look at it as a monumental time that you can document and educate others about.
3. Remind yourself that it is ok to experience moments of anxiety during the coming days. We have never done this before. The unknown makes us feel off balance. Respect your own reactions to it as well as others. Some in your family may be experiencing different reactions than you, and that is ok.
4. Exercise. Your gyms may be closed and you may not have gyms at home. There are multiple websites that will provide home exercises without equipment. Exploring those online may provide you with something just right for you. Exercise will release the endorphins that reduce the stress hormones.
5. Spend time with your pets. This can be a “dual tool”! Take your dogs for a walk. Even the slightest of sun provides Vitamin D. This gives the exercise/pets combo. Pets have been shown to reduce stress. They provide multiple levels of mental wellness. Take advantage of these at-home toolkits.
6. Do not engage in media overload. It is important to remain updated, but we can watch too much. Pick a few times a day to stay updated on status and then transition to something else.
7. Continue the hobbies that you are still able to do. You can also create a new hobby that fits the current climate. Investing in hobbies will give some sense of control over something else. Reading a book will enable you to go somewhere else without leaving the house.
8. Practice breathing exercises or meditation for relaxation. If you have never tried it, there is truly no better time to start. You may find this info on multiple websites just by googling “how to meditate” or “breathing exercises”. An excellent tool when having difficulty sleeping is to start by counting backwards from 300. The triple digits seem to force concentration without enabling negative worry to hinder sleep.
9. Talk to each other. Connecting as peers and colleagues can alleviate stress as many are experiencing the same issues. Debriefing with each other is important, not just about work, but what we are all doing in this historic time.
10. Reach out if needed. Reaching out may just be for a conversation, anxiety, debrief, kids or finances.

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