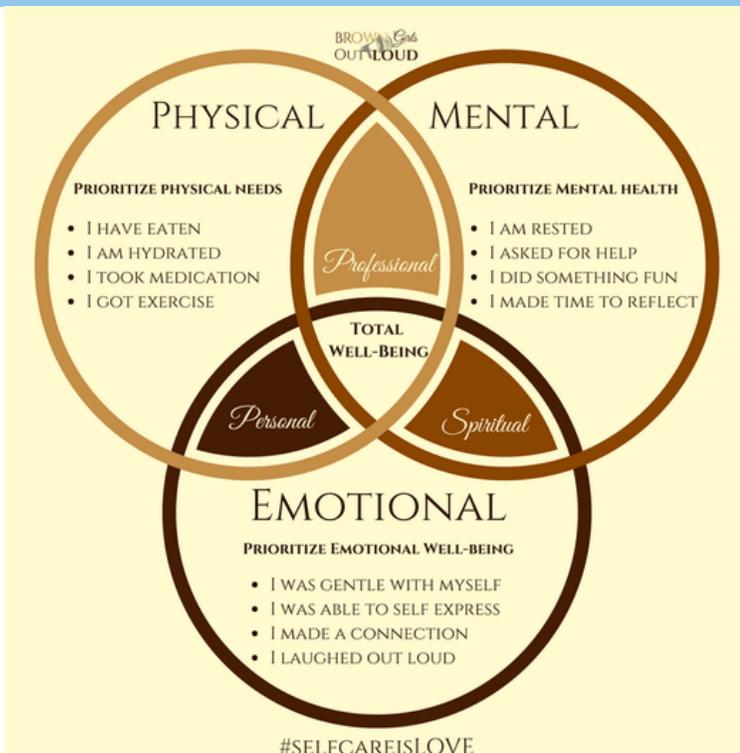


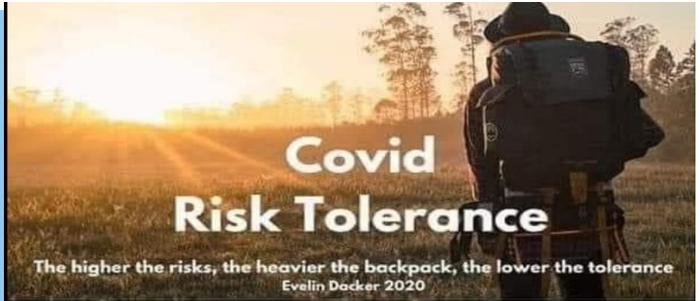
CBMHS WEEKLY REFLECTION

Maintaining Mental Health During Challenging Times

Dear Friends, As we move through the COVID crisis, things seem to change by the day, and we are all being asked to make choices about how we shop, socialize, work, and live as some things begin to open up. It is important to reflect on your own personal comfort level with activities, while following state and local guidelines. You may find the COVID Risk Tolerance chart helpful as you communicate with friends and family about these issues. And the Self Care Diagram can be helpful as you think about how your professional, physical, and spiritual lives and health intersect.



As the sun rises, may your Love rise in my heart.
 A Love that dispels tiredness.
 A Love that overcomes difficulty.
 A Love that builds relationship.
 A Love that inspires diligence .
 A Love that develops trust.
 A Love that inspires gratitude.
 May I live in the Light of your Love. Amen..



Very Strict 0	<ul style="list-style-type: none"> • Stays within container • Maintains 6 ft distance • No one outside contact • Strict infection control protocol • No contact with outside world
Strict 1	<ul style="list-style-type: none"> • Leaves container for essentials • Maintains 6 ft distance outside of container • Hand washing when touches anything • Wears masks outside of container • No socializing outside of container
Fairly Strict 2	<ul style="list-style-type: none"> • Leaves house for work/groceries • Socializes with others at 6 feet • Exercises outdoors in low density areas • No intimacy/touch outside of container • Shops once a week or less
Somewhat Open 3	<ul style="list-style-type: none"> • Socializes with <10 others at 6 ft • Will socialize with others closer than 6 ft if at same level or less • Goes outside of container with mask on • Intimacy or touch if at same level or less
Moderately Open 4	<ul style="list-style-type: none"> • Regularly socializes with others • Does not regard any social distance parameters • No use of masks when around others • Leaves container regularly
Very Open 5	<ul style="list-style-type: none"> • No precautions other than hand washing • May desire to get infected • May have already been infected

The CBMHS Warm Line is open and anyone can call: If you are experiencing emotional stress, side effects of the COVID19 pandemic and shelter-in-place order, reach out. Call Monday through Friday between 10am and 4pm and a licensed counselor will call you back within 24 hours! Call the Warmline to speak to a professional counselor who will listen and provide useful guidance to help you feel better. Receive information about resources and social services needs including depression, grief, anger, parenting support, substance abuse, shelter needs, and more. Request that an outreach call be made to someone who is isolated, lonely, or may not reach out on their own. But remember that the Warm Line is not a crisis hotline— If you need immediate assistance, call 911 or go to the nearest emergency room.

Middlesex, Somerset & Union County: (732) 867-8647
Monmouth & Ocean County: (732) 784-3394