

# CBMHS WEEKLY REFLECTION

## Maintaining Mental Health During Challenging Times

Dear Friends,

During our continued isolation, staying informed with high-quality information will help keep us safer and reduce the risk of falling prey to bad information. Sources of reliable information include:

- The CDC: <https://www.cdc.gov/>
- WHO: <https://www.who.int/>
- Local state department of health/county: <https://www.nj.gov/health/>

Limit your time on news sites, and view only when you feel the strongest. Taking a break from the news is an important type of self-care.

### The 3x3 Practice

This is a short awareness practice that can help calm the mind when you're feeling anxious.

Choose 3 of your senses — sight, smell, taste, sound, touch — and then name 3 things that you are experiencing through those senses. (I see a bird, my dog, a flower; I hear the wind, a car, kids playing; I smell the rain, my coffee, a flower.)

This short practice interrupts the automatic catastrophic thinking that's fueling the anxiety.

Give it a try when you notice anxious thoughts creeping in.

## 40 THINGS TO DO WHILE Social Distancing

TheSoccerMomBlog.com

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|-------------------------|---------------------------|-------------------------|
| 1. READ A BOOK          | 14. I-ON-I TIME WITH KIDS | 27. FAMILY SCRAPBOOK    |
| 2. CALL A FRIEND        | 15. BALANCE BUDGET        | 28. DRESS UP            |
| 3. EXERCISE MORE        | 16. START A SIDE HUSTLE   | 29. DANCE PARTY         |
| 4. CONNECT WITH SPOUSE  | 17. MOVIE NIGHT           | 30. LEARN NEW SKILL     |
| 5. VIRTUAL GIRL'S NIGHT | 18. FAMILY GAME NIGHT     | 31. FINISH LAUNDRY      |
| 6. LEARN A LANGUAGE     | 19. WRITE A LETTER        | 32. WRITE A BOOK        |
| 7. FAMILY DINNER        | 20. READ THE BIBLE        | 33. NEW TV SERIES       |
| 8. JOURNAL              | 21. ARTS & CRAFTS         | 34. PAINT               |
| 9. SPRING CLEAN         | 22. MANI/PEDI             | 35. REARRANGE FURNITURE |
| 10. DECLUTTER           | 23. TAKE A BATH           | 36. BUILD A FORT        |
| 11. PLANT A GARDEN      | 24. SKYPE WITH FAMILY     | 37. GO FOR A WALK       |
| 12. COOK DINNER         | 25. SING KARAOKE          | 38. CELEBRATE HOLIDAYS  |
| 13. FIX THINGS          | 26. DO A PUZZLE           | 39. COLORING            |
|                         |                           | 40. BAKING              |

STAY HOME Stay Positive BE KIND

**O Great Love,** thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. *[Please add your own intentions.]* . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, **Amen.**



**Church Based Mental Health Services** is available to you and your community during this time of social isolation related to COVID19—via phone/video call.

**If you or someone you know is in need of low cost mental health services, call 732-867-8647 in Middlesex & Somerset Counties; 732-784-3394 in Monmouth & Ocean Counties for a free screening.** This service is not appropriate for anyone in crisis, but is designed to assess strengths and needs, identify appropriate referrals, and when appropriate provide short-term individual psychotherapy. Services are provided by a licensed professional counselor.