

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.