



WELLNESS GUIDE

RESOURCES FOR OUR COMMUNITY AS WE FACE THE EFFECTS OF COVID-19

Shared with you by The Office of the Selectman, The Newtown Health District,
& The Newtown Department of Human Services

As information about Coronavirus continues to unfold and response plans are implemented, there can be a wide range of thoughts, feelings and reactions.

It is normal and expected to experience a range of emotions, these may include:

- Anxiety, worry or panic
 - Social withdrawal
- Difficulty concentrating or sleeping
 - Overexposure to media
 - Feeling helpless or confused
- Hyper-vigilance to your health
 - Anger
 - Feelings of loss or grief
 - Skepticism or bravado

During this time it is important to acknowledge the emotions you are feeling, use your supports, and ease your expectations of yourself and those around you.

What else can I do to help myself cope? These 11 tips & strategies can help....

1. **Keep things in perspective.**

Then, limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Take a break from watching the news and focus on the things that are positive in your life and things you have control over.

2. **Anxiety is an emotion that tends to seek out confirmation.**

While at times this can be validating, it can also intensify the emotion, leaving you feeling helpless and overwhelmed. Acknowledge your emotion with understanding, and then then turn your mind to other things: "It's understandable I am concerned about the current situation, AND I understand that worry is not an effective way to respond".

3. **Practice mindfulness and acceptance.**

Focus on asking "what now" rather than "why." Practice patience with yourself and others. Let things unfold and assume others are trying to do the right thing. Focus on rational rather than emotional responses and engage in active problem solving.

4. **Find activities that give you a sense of mastery.**

Even simple tasks such as packing, making your bed, doing your laundry, going for a walk, checking in on a friend, or practicing a new skill. Purposefully engage in activities that are the opposite of focusing on worry. Listen to upbeat music, watch a comedy, read a book, etc.

5. **Rather than dwelling in thoughts and images of hopelessness, imagine yourself coping effectively.**

Notice how you would act, what you would do or say. See yourself being effective. Think about what you might say to a friend about the current situation that would support, encourage or reassure them. Now say such things to yourself.

6. **Significant plans may be radically altered by the current circumstances. Try not to dwell in regret.**

Other rituals, forms of celebrating, ways of connecting, and memorable moments may well emerge from this situation. Inside emergency is the word emerge.

7. **Be aware of ruminating with catastrophic thoughts and language.**

Something as simple as saying “that’s interesting” rather than “that’s awful” can be helpful.

8. **Be aware of how your body can reinforce anxiety.**

Do not stay in bed. Take a walk outside and notice things around you, especially nature. Take time to breathe deeply. Take care of a pet or plant. Organize or clean your room. Stretch often. Make eye contact with others and smile.

9. **Be mindful of your assumptions about others.**

Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.

10. **Keep connected.**

Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress. Keep a sense of humor.

11. **Get the facts. Stay informed with the latest health information.**

www.newtown-ct.gov/covid-19-information-newtown-residents

Ct.gov/coronavirus

cdc.gov

**Adapted from: CA MHS Harvard University Counseling and Mental Health Services

Daily Self-Care Questions

Take a moment each day to ask yourself, and those you care about.....

- Who did I check in on or connect with today?
 - How did I get outside today?
 - How did I move my body today?
 - How did I try to enjoy myself today?
- What expectations of "normal" am I letting go of today?
 - What am I grateful for today?

Helpful Covid-19 Resources

[Talking with Your Kids About Coronavirus](#) Published by CDC

[Explaining Coronavirus to Children](#) Published by ABC News

[What Parents Need to Know about Coronavirus](#) Published by NPR

[Coping During Covid-19](#) Published by The Child Mind Institute

[Guide to Wellbeing During the Shutdown](#) Published by UC Berkeley

[Advice From Teachers for Homeschooling](#) Published by the Hartford Courant

Reach out for professional support if you, or someone you know, need it.

Local Mental Health Resources

- For non-emergency situations, call the [Department of Human Services](#) at 203-270-4330 or 203-270-4612
- **Newtown Youth and Family Services** continues to provide mental health and substance abuse treatment services remotely utilizing a HIPPA compliant telehealth platform. All other groups and programs are temporarily suspended. Please check our website www.newtownyouthandfamilyservices.org for further updates.
- **Resiliency Center of Newtown** will remain operational during Covid-19, offering online sessions. Please reach out at 203.364.9750 or [click here](#) to contact.
- **Parent Connection** invites you to a scheduled virtual Zoom meeting for our Hope & Support Group. [Click here](#) for more information:

Additional Resources

Domestic Abuse

Women's Center of Greater Danbury:
Domestic Violence Hotline 203-731-5206
Sexual Assault Hotline 203-731-5204
National Domestic Violence Hotline:
1-800-799-7233
1-800-787-3224 (TTY)

Substance Recovery

[Online AA meetings](#)

[Hotlines and Online Narcotics Anonymous meetings](#)

[Disaster Distress Hotline](#)

Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Deaf or Hard of Hearing? Text TalkWithUs to 66746

•Use your preferred relay service to call 1-800-985-5990

•TTY 1-800-846-8517

Spanish language- Call 1-800-985-5990 and press "2"

•Text Hablanos to 66746

REMEMBER YOU ARE NOT ALONE.

