

# Maintaining Emotional Health during COVID-19

*It is important to focus our attention on what we can control. Being open and flexible to new ways of working, living and interacting will be crucial to maintaining emotional health and resiliency.*

Cara Maksimow, LCSW



## Reframe your thoughts & look for the positive.

- Thoughts affect mood
- Negativity Bias
- "I'm noticing, I'm thinking..."
- Gratitude – Fill your BAG Happy (Best, Accomplish Grateful)



## Connect with Others

- Humans are wired for connection. Without the ability to connect in person, use phone or video. Visual cues, voice inflection are important to our sense of safety and calm.
- Family unit activities and routines.



## Self-Compassion

Allow yourself to feel how you are feeling. There is no wrong way to feel.

- Self-kindness vs self-judgment
- Common humanity vs isolation
- Mindfulness over identification



selfcompassion.org  
Kristen Neff, PhD

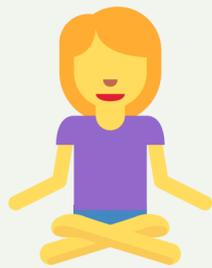
## Set Boundaries

Work/life boundaries need to be firm. Location of where you work in your home. Flexibility in hours and when work happens. Rituals to differentiate work and life.



## Mindfulness Meditation

- Focus on your breathe, notice how you feel. Flower & Candle
- Art, Music, Building, Gardening
- Apps: Calm, Headspace, Insight Timer, 10% Happier
- Grounding, Ex: 5 See, 4 Touch, 3 Hear, 2 Smell, 1 Taste



## Learn something Share Something

Pick up a hobby or skill. Take a class. Learn something new. How can your new skill help someone else? Making masks, teaching via video, donating funds, ordering take-out or gift cards to local businesses. Be a part of the larger community when and how you can.



## Self Care

- Diet
- Exercise
- Routine
- Handwashing
- Maintain social distancing
- Have fun and include down time to relax. You don't need to be productive at every moment. Rest has purpose.
- Check in with your doctor if you are feeling ill.
- Reach out to a mental health professional. There is no stigma to needing support.



Cara Maksimow, LCSW is a NJ Licensed Clinical Social Worker, Speaker, Author and owner of Maximize Wellness. More information and contact info can be found at website [www.maximize-wellness.com](http://www.maximize-wellness.com)