

# PSD Mental Health Services Tips

PSD Employee Assistance Services and the PSD mental health team have provided suggestions to assist you while physical distancing and staying at home.

Ideas you may find helpful:

- Create a daily schedule to organize your day and maintain your normal routines. We are used to having structure to our days, and it provides comfort, normalcy and familiarity. The schedule can include work (schoolwork for children), exercise, family time, alone time, quiet time, meals and chores.
- “Social Distancing” is really intended to be “Physical Distancing.” We can keep a physical distance without becoming isolated. Stay connected to family, friends and co-workers during this time through phone calls, texts, email or FaceTime (video chat). Your outreach may make a difference for someone who is feeling isolated.
- Limit exposure to social media and the news. Replace screens with other activities, such as hobbies, art, music, board and card games, reading for pleasure, cooking new recipes, etc.
- Get fresh air and exercise daily. Movement helps our system re-regulate after a stressful experience. Enjoy the changes in nature that spring is bringing. Remember to practice physical distancing while on these outings.
- Practice daily self-care. This can be different for each of us, but may include stretching, belly breathing, mindfulness, positive self-talk, setting aside time for something that brings you joy.
- Focusing on gratitude has been shown to help relationships, mental health, sleep and physical health. Finding things and people to be grateful for each day builds a positive mindset.
- Journaling can provide a written expression of stressful thoughts and feelings and “gives voice” to underlying unspoken experiences. Writing can be a literal release, an opportunity to “speak my truth” and a means of bringing calm and clarity.
- Practice KINDNESS and listen to stories about the kindnesses of others.
- Offer grace to others and yourself. No one is an expert on dealing with these unusual times. Extending compassion and understanding helps.
- Ask for help if you are having a tough time and remember you are not alone.