



## COVID-19 STRESS RELIEF

### Pam Phillips RN FCN

During this COVID 19 pandemic life is stressful. Normalcy for us has changed. Children are home from school, parents are home, businesses closed, churches closed, economic uncertainty abounds. We are all feeling the stress together. We are not weak; it is *normal* for us to feel overwhelmed.

*Below are a few suggestions to help you maneuver through your daily routines. Practice self-care!*

***Keep a safe physical distance in mind while enjoying your activities! 6 feet is the recommended distance. Do your part to flatten the curve! This helps to slow the spread of the virus, decreasing the number of people who get sick at one time and overwhelming the medical facilities. This means to avoid close contact with the people who do not live with you, and in public places where surfaces may be contaminated.***

**Get outside.** Enjoy the warmer temperatures and take a walk without devices. Listen to the sounds of nature, children playing, look for signs of beauty as nature begins to wake up from its winter slumber. Isn't it amazing how people are slowing down? Cars in the driveways, children out playing, people walking. Don't forget your sunscreen!

**Exercise regularly.** Track those miles/minutes for "Walk to Jerusalem" and helps us get back to GPC by Palm Sunday. You can walk, run, hike, play with your children, grandchildren, or pets. Stretching and yoga are great outlets too! Keeping active helps you feel better and maintain a positive attitude.

**Take a break from the media.** It is important to for us to keep informed with what is happening in your community but *limit* your screen time on the TV, radio, computers, phone, etc. It is overwhelming information.

**Connect!** Reach out to your neighbors, family, friends, and check in via phone or social distancing. Wave hello to others as you stroll, check in to see if folks need groceries, medication pick up, etc before you venture out. Deliver food to your local Emergency Department, Fire station, EMS, Post office as a way of saying thanks. If you can't do it in person, carry out delivery is a great way to surprise your community workers!

**Eat healthy!** Be mindful of eating unhealthy snacks during this emotional time. Keep healthy snacks available for you to enjoy. Drink 8 glasses of water daily.

**Try new recipes:** Didn't have time before to try all those recipes you have saved? Now is the time to make some goodies and share them among your neighbors. Surprise someone with a doorstep delivery to brighten their day.

**Write thank you notes** to the people who have continued to work throughout this pandemic. Thank a medical professional, postal workers, grocery store attendants, delivery personnel, truck drivers, etc. to name a few. Isn't it a wonderful feeling to get mail?

**Get plenty of sleep.** 8 hours is recommended. Having trouble sleeping? Try taking a long bath, enjoy a cup of caffeine free tea, read a book, make plans for the next day.

***"For God hath not given us the spirit of Fear; but of power, and of love, and of a sound mind" 2 Timothy 1:7***

***Email your pictures of your activities to [gpcfcn@gettysburgpresbyterian.org](mailto:gpcfcn@gettysburgpresbyterian.org) or [gpclou@gettysburgpresbyterian.org](mailto:gpclou@gettysburgpresbyterian.org) to keep us connected!***