

Being Mindful of Mental Health During the COVID-19 Crisis

As the number of cases of COVID-19 increases, so does community anxiety, stress, and ultimately Trauma.

For the general public, the mental health effects of COVID-19 are as essential to address as are the physical health effects. The effects linger for those who lose loved ones and for those whose anxiety, post-traumatic stress, and other severe conditions are left untreated. We must take all of this seriously from the start, to reduce the Trauma that will inevitably be associated with this global crisis.

To aid individuals and the communities during this time, [Quad Cities Area Trauma Informed Consortium](#) has compiled a range of resources and information. As things unfold in the coming days and weeks, [QCTIC](#) will continue to monitor and share resources to help build our community resilience.

Create a Wellness Plan:

A mental health wellness plan helps you keep track of what does and does not work for you in managing mental wellness. It begins with creating a guide or regiment of what you need each day to maintain your mental health. Having a plan helps to keep track of the coping skills you can use to ensure that you maintain a balance between your thoughts, emotions, and behaviors. [Learn more here](#)

Make sure you have enough medication on hand:

Typically, prescriptions can be filled a week or so before they run out. Refill them on the first possible day, because that can buy an extra few days of lowered stress about a prescription running out and not being able to get to the drug store to fill it. [Contact your pharmacy](#) to see if they provide delivery services or if they can provide you a longer supply (30 days versus 90 days).

Keep the routines that make you feel good:

Try to modify the ones that you can. For example, if you typically go to the gym or fitness class, you can exercise at home. Check to see if local gyms are offering online classes or trial periods for their online sessions.

[Two Rivers YMCA goes LIVE](#)

WHAT YOU CAN DO:

Mental health conditions are, by nature, isolating and we want to keep people **CONNECTED**.

- ☐ Reach out to friends and schedule virtual hangouts.
- ☐ Support your communities needs with your talents (sewing masks, decorating windows, providing virtual lessons)
- ☐ Find an accountability and support buddy.
- ☐ If you have a therapist, see if they offer telephone or video-based sessions, and share the info with a friend in need.



