Finding Strength

Lots of us are feeling anxious, overreacted, or lonely right now. Maybe it was already a struggle, and now to add quarantine to the mix makes it just that much more difficult, especially if you have family members packed in at home or someone in your family has lost their job.

Try a few techniques to see what works best for YOU:

1. Breathe. Take time each day to unplug from all distractions and quiet your thoughts. Bring your attention to your breath for 10 in- and exhalations. There are FREE apps that can help: Prana Breath, Breathe2Relax, Relax and Stop, Breathe & Think are all good ones to try.

2. Routine. Wake up at a set time, (make your bed - truly - it helps), build a schedule for chores, exercise, meals, connections and downtime - and then keep to it. Put it on a chalkboard or post it on the refrigerator for everyone to see daily.

3. Exercise. Nike said it best, “Just DO it”. Doctors recommend 30 minutes of moderate daily exercise - walk, swim, mow the lawn, and 2 strength training exercises weekly. Aim to just move! Free apps include Nike Run Club, C25K Trainer, Yoga for Beginners, and FiOn.

4. Nature. Mother Nature wants you to get some fresh air! Luckily for you, it’s easy to do social distancing in the NW Corner; we have a ton of space.

5. Sleep. Turn off the iPad, iPhone, and TV at least two hours before bed. Pick up a book, or try journaling. Find a good nightly meditation to quiet your mind - here are a few free apps to help: Headspace, Noisli, Pzzz, Slumber, Calm.

6. Help others. We need to have a purpose greater than ourselves. Call and connect with family, neighbors, and friends. Write thank-you notes to healthcare workers and first responders, donate blood, sew masks, make meals at your local soup kitchen.

7. Connections! We have a ton of space. Luckily for you, it’s easy to do social distancing in the NW Corner; we have a ton of space.

8. Be kind to yourself. This is a very stressful time for all of us...please, take good care of yourself in every way, especially in how you’re assessing how you’re coping. Stay home, stay healthy.

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