

Strategies for coping with changes due to COVID-19

What a stressful/fear-filled time we live in right now, as there are a lot of disappointments, frustrations and unknowns. Focusing on a healthy and balanced life will help you cope and let your mind and body know you are safe. Asking for any kind of help you need is also a must.

Tips:

1. Use good hygiene practices. The Center for Disease Control and prevention has the following information to help us. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
2. Get yourself into a routine. Putting together a schedule for yourself can help give you some predictability in your life.
3. Your schedule could include things like:
 - a. maintain/ritualize any mindful practice you use
 - b. practice acts of kindness and gratefulness
 - c. get a good amount of sleep <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>
 - d. exercise: go outside and get some sun and fresh air (follow your doctor recommendations)
 - e. meal times (eat as healthy as possible and in moderation)
 - f. work/school time (do what you CAN and watch your email for opportunities teachers are sending out)
 - g. keep your sense of humor
 - h. play
 - i. stay informed by checking news sources once a day
 - j. If you are alone: commit to connecting with another human being every 24 hours (or more if needed) ...via Skype, Facetime, phone calls, or any other form of technology
4. If you think you are experiencing what you think may be symptoms of COVID-19, our community has directed us to call our primary health care provider. If you do not have one, you can call Public Health on their hotline at 307-577-9892 from 8am-5pm on Monday – Friday. There is also a Respiratory Clinic at 245 S. Fenway. If you need to be screened for symptoms call them at 307-233-0291.
5. If you are concerned about the safety of you, a friend, or a neighbor that may be having thoughts of hurting themselves, being abused or neglected, you can call the local police department to have a safety check done. If it is an emergency, call 911, otherwise use the nonemergency number 307-235-8278. (This is for the Casper area. You will need to Google your local number.)



Hotline information (Casper area/Wyoming Access + National)

1. Central Wyoming Counseling Center (CWCC), Veterans Center, WBI & Community Health – will see someone in crisis during business hours
2. 24 hour crisis line, CWCC – 307-237-9583 or WBI 800-457-9312
3. Text “WY” to 741-741 – A confidential texting crisis hotline.
4. Safe to Tell -844-996-7233 or safe2tellwy.org – Confidentially report anything that concerns or threatens you, your friends, your family or your community.
5. Suicide Hotline: 800-273-8255 (talk)
6. Veteran Crisis Line: 800-273-8255 or text to 838255
7. National Domestic Violence Hotline – 800-799-7233 and 800-787-3224
8. LGBTQ Lifeline – 800-488-7386
9. Mercer House – 307-265-7366

TOGETHER we've got this!

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