

KEEP CALM, COPE ON!

With schools closed, businesses shifting their service delivery, and many people working from home without childcare or being furloughed, it's hard not to start spiraling.

While health and physical safety are important, it is also important to be aware of how you and your loved ones are feeling and thinking about the crisis, and how it's impacting your day to day life.

When things start to feel overwhelming, and they inevitably will, incorporating mindful practices into your daily routine can help take the pressure off. Try some of these and see if they help:



SQUEEZE MUSCLES

Starting at your toes, pick one muscle and squeeze it tight.

Count to five. Release, and notice how your body changes.

Repeat this moving up your body! Which area was most tense?



BELLY BREATH

Put one hand on your stomach and one hand on your chest.

Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate)—repeat a couple times.

Try it in a group! How wide can you expand your belly?



HEART BEAT

Start by jumping up and down in place for 30 seconds to 1 minute.

Sit down and put a hand over your heart. Close your eyes and pay attention only to your heartbeat—feel it thump under your hand.

Try to slow your heart beat by slowing your breath!



SMILE in the MIRROR

It seems silly, but smiling at yourself every time you look in the mirror can really help!

Smiling slows the heart and releases endorphins that decrease stress hormones.

Into challenges? Say at least **one** nice thing about yourself as you smile in the mirror!



Digital Break

We often reach for our phones when we need a break. This habit can unfortunately cause more stress in the long run. Try to connect to something more tangible, like a hobby!

Start with a 5 minute break, and slowly increase the time. See if it helps you stay focused, and grounded, longer!



Yawn and Stretch

Fake yawn if you have to! That will trigger real ones. Say "ahh" as you exhale.

Then stretch really slowly for at least 10 seconds. Notice any tightness, and ease into it.

Did the yawn interrupt anxious thoughts? Did the stretch ease tension you didn't notice before?



COLORING

Pick your favorite colors and go to town!

Focus on the way the colors blend, and the over all image. Is there one particular color that makes you feel more calm?

Prefer to start with an outline? Look up some free mandala designs online!



POWER POSE

Start by standing tall with legs wider than hip-width apart with hands on your hips or reached out to the sky.

Keep your chest lifted, with shoulders rolled back and down.

Breathe deep like this, and list at least **three** things you like about yourself!

There may come a time when you and your loved ones need more support, here are some local and national resources that can help:

Safe & Sound 24 Hour Parent Talk Line:
(415) 441-5437

Suicide Prevention Lifeline:
Hot line: 1 (800) 273-8255;
Text line: text HOME to 741741
Chat line: <https://suicidepreventionlifeline.org/chat/>

Trevor Project Hotline:
1 (866)-488-7386

Sentara RMH Psychiatric Emergency Team (PET):
(540) 689-1000; Ask that PET be paged

Police Non-Emergency Number:
Harrisonburg City: (540) 434-4436
Rockingham County Sheriff's Department: (540) 564-3800

Harrisonburg-Rockingham CSB 24/7 Emergency Services:
(540) 434-1766



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