



**Everyone reacts differently to stressful situations.** It's easy to get lost in fear and/or feel out of control when disaster strikes. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. However this crisis situation is impacting your life, we must try to remember our common humanity and show compassion to ourselves and others during this time.

## Support your Mental Well-Being while isolated:

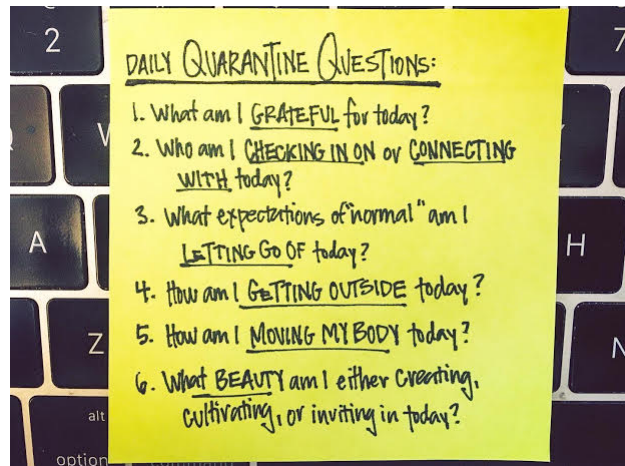
- **Take breaks from watching, reading, or listening to news stories, including social media.** Hearing about the pandemic repeatedly can be upsetting. Children may also misinterpret what they hear and can be frightened about something they do not understand.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Set boundaries on your work schedule.** When working from home, be sure you are working reasonable hours. It can be tempting to work more while you have your work at home, however, it can also be taxing on your health and well-being, so stick to a schedule with healthy boundaries.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Try to remember that this will end.** Although right now the pandemic feels endless, we need to remind ourselves and our kids that it won't be. Although we don't know the specific timeline, the need for social distancing, closures and the life changes we are currently experiencing aren't permanent. Knowing this makes it much easier to cope.

## Check out these great Mental Health Resources!

- **AEOA's website has various COVID resources on the home page.**
- **AEOA's Employee Assistance Program (EAP)** is there if you need support and it can connect with behavioral health support, if needed. A pdf with more information about EAP is attached to this email.
- **Minnesota Department of Health's (MDH) website** has various resources including but not limited to Psychological First Aid, Adult and Family Resources, Child and School Resources, Teens, and more for mental well-

being during COVID. [Click here](#) to browse these helpful resources, or [here](#) to review more about mental health.

- **The Child Mind Institute shares tips** on talking to children about the Coronavirus [here](#). The CDC also has some great tips [here](#).
- **Thrive Range** offers free online therapy and resources for mental health and substance problems.
- **Greater Good Magazine's Guide to Well-Being During Coronavirus** shares helpful practices, resources, and articles for individuals, parents, and educators [here](#).
- **Quick Tips to Manage your Well-Being** During COVID are attached to this email.



## Structure your days and check in with yourself daily!

[Click here](#) to review six questions you can ask yourself while staying at home.

### Hotline Numbers for Families:

- **National Parent Helpline** 1-855-427-2736 <http://www.nationalparenthelpline.org/> Operated by Parents Anonymous
- **National Domestic Violence Hotline** 1-800-799-SAFE (7233) TTY 1- 800-787-3224 Email and live chat are also available at <https://www.thehotline.org/>
- **Postpartum Support International Helpline** 1-800-944-4773 <https://www.postpartum.net/>