



Tips To Manage COVID Related Trauma

The unprecedented global impact of COVID-19 has caused emotional trauma for many people. This trauma manifests itself through many emotions including fear, anxiety, anger, and guilt. Following are simple tips that can be used to manage COVID-related trauma, or any other emotional trauma.

Self-Care – Be kind to yourself. What do you enjoy?

- Exercise – exercise increases endorphins which naturally increase your sense of wellbeing
- Hobbies – make the time to do what you enjoy
- Pamper yourself – make time for that leisurely walk at the beach or lake. Set aside time to get or give yourself a manicure.
- Eat healthier – there is a connection to mind and body. When you eat healthier you feel better.

Mindfulness

- Utilize your five senses to think about what you are experiencing here and now. You can do this in thought, or you can journal your responses.
- Practice yoga.
- Practice mindful breathing exercises.

Stay Connected

- Reach out to your friends and family. Try calling rather than text, you may feel more connected that way.
- Reach out to places of worship and support groups.
- Help Others. There is always someone less fortunate that you can help. Helping naturally feels good, and it is hard to focus on your problems while helping someone else

Seek Help

- Anxiety and depression are symptoms of trauma, and both are on the rise. Symptoms may include constant fear and rumination, intrusive thoughts, feeling stuck, poor appetite, and poor sleep habits.
- The trauma may be exacerbated by geography and lifestyle. Are you an essential worker or healthcare provider? Do you live in a remote location, or do you reside in close quarters?
- Divisive political beliefs and theories regarding COVID-19 increase isolation and feelings of discontent amongst peers
- Grief can become continuous and complicated by guilt, blame, and lack of closure.
- Anyone who needs help can ask their primary care or family physician for a referral to a mental health provider
- Anyone can visit our website: www.safewaterstherapy.com and receive a free telephone consultation.

IF YOU ARE HAVING THOUGHTS OF SELF-HARM OR OF HARM TO OTHERS, PLEASE CALL 911 OR VISIT THE NEAREST EMERGENCY ROOM