COPING WITH THE CHALLENGES OF COVID-19
HEATHER LAMBERT, LPC
WWW.CLEARHOPEWELLNESS.COM
COPING SKILLS
THE “M”S

MEDIA

- Limit media time
- Recognize confusion, conflicting information
MINDFULNESS

- BE AWARE of:
  - your thoughts > emotions > experience
- Replacement “preferred thought”
- Pendulate
COPING SKILLS
THE “M”S

- **MOVE**
  - Get up! Every 30 minutes
  - Connect and check your body!
  - Release the pressure!
COPING SKILLS
THE “M”S

MESSAGE

- Connect with others!
- Care
- Concerns
- Cry Out
COPING SKILLS
THE “M”S

- **Meditate and Pray**
- Faith traditions
- Higher Power
- Meditate on timeless truths
- Be most vulnerable
REACHING OUT

- Suicide Hotline: 1-800-273-8255
- suicidepreventionlifeline.org
- Text HOME to 741741
- Prayer Line 281-652-5555, KSBJ 24 hours a day.
- In office & telehealth (video or phone) therapy appointments
- www.clearhopewellness.com
- www.clearhopecounseling.com
Does my child need to see a counselor?

Trauma Informed Guidelines

“Dos and Don’ts”

www.clearhopewellness.com

https://mhanational.org/covid19