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Impact of Quarantine on Mental health

During this difficult time of quarantine and isolation, it is possible to experience a wide range of emotions/feelings/physical reactions not limited to but including:

- Hopelessness
- Increased anxiety/depression
- Irritability/Anger
- Confusion
- Boredom
- Fatigue
- Changes in eating habits
- Hoarding
- Contagion anxiety
- Difficulty concentrating
- Difficulty with sleep pattern

We have compiled some resources for self-care and coping in these unprecedented times.





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SELF-CARE





SELF CARE STRATEGIES

Create a daily routine and stick to it.

What time will you wake up, begin work, stop work, go to bed?

Make sure you tend to personal hygiene regularly.

Brushing your teeth, showering, deodorant and, if you like, makeup. These little habits send powerful signals to ourselves.

Dress for the day no matter who is or is not going to see you.

Sweatpants and lounge-wear are great, but your esteem and well-being may be boosted by getting into a nice blouse and earrings or dress shirt and slacks.

Leave your home/apartment daily.

We are sheltering-in-place, yes, but we can still leave our homes appropriately. Get outside even for 30 minutes, if possible.

Move each day. Whether this is outside or doing home-based workouts, try to maintain some kind of movement schedule.





Ensure you're having some kind of non-work-related contact each day.

Emphasis on the non-work contact. FaceTime, Skype, Zoom your friends and loved ones. Daily. Even for a few minutes.

Drink and eat in ways that support your well-being versus deteriorate it.

I'm not a nutritionist but I do think it behooves us all to be a little more mindful right now of what substances support us versus hinder us.

Indulge in any and all forms of self-comfort.

[Here's a list of 101 comforting activities](#) I wrote years ago but that may feel especially helpful now. Read through them, experiment with them, make comforting yourself a top priority.

Lower your bar.

Lower your standards. Look, if you're bickering more with your partner, if you're only feeding your kids pasta for dinner, if you're watching a little too much Netflix, please let this be OK. Now is not the time to "should have" on ourselves and hold ourselves to standards of perfection.

Be mindful of how much media you consume. The news, social media, radio, etc. Be mindful of how this





impacts you and limit or reduce it altogether if it accelerates your symptoms.

Plan for the future.

Familiar to trauma survivors, an inability to visualize a positive future may be something many contend with right now. As much as possible, try to daydream or scaffold the itinerary of vacations you'll take in 2021, lay the groundwork and take online courses about that side hustle you dream of launching. Work toward something, anything in the future.

Find and engage in something that brings you meaning and fulfillment right now.

Helping out neighbors, creating supportive online content, keeping small business owners and local service providers employed in your city, knitting a hat for your forthcoming baby niece; anything that helps you feel connected and like you're contributing can be a great comfort now.

Take it hour by hour, day by day.

In times of crisis, grief, shock and hardship, we're called upon to live in the tiniest slice of time we can manage. Do not try and look too far forward if that feels too overwhelming. Take it one half hour at a time.





Remember, it's ok to NOT be ok at times.

Have a good cry, talk to a trusted friend, or seek counsel. Many therapeutic services are being offered via telehealth. Take advantage of the support.

Self-care means taking time to do things you enjoy.

Usually, self-care involves everyday activities that you find relaxing, fun, or energizing.

These activities could be as simple as reading a book, or as big as taking a vacation.

Self-care also means taking care of yourself.

This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

Make self-care a priority.

There will always be other things to do, but don't let these interrupt the time you set aside for self-care.

Self-care should be given the same importance as other responsibilities.

Set specific self-care goals. It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".



Make self-care a habit. Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often, and that you will stick with.

Set boundaries to protect your self-care. You don't need a major obligation to say "no" to others—your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

A few minutes of self-care is better than no self-care. Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.

Unhealthy activities don't count as self-care. Substance use, over-eating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.

Keep up with self-care, even when you're feeling good. Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason why you're feeling good!





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RESOURCES-**LINKS**





Resources for Depression, Stress, Worry, and Anxiety

[Psychology Today - Managing Depression during Quarantine](#)

[Psychology Today - Behavioral Action to Prevent Depression](#)

[CDC - COVID-19 Stress and Coping](#)

[The Chopra Center - 8 Practical Tips to Stay Calm and Support your Immune System if you're anxious about Coronavirus](#)

[Psychology Tools - Living with Worry and Anxiety Amidst Global Uncertainty](#)

[Psychology Tools - Living with Worry and Anxiety Amidst Global Uncertainty in PDF](#)





Resources for Helping Children Cope

[Child Mind - Resources for Parents, Coping during COVID-19](#)

[NAMI - How to ease children's anxiety about COVID-19](#)

[WHO - Helping children cope with Stress during COVID-19](#)

[University of Michigan Medicine - Strategies for helping your children cope with COVID-19](#)

[Mayoclinic - Helping kids cope with the COVID-19 Pandemic](#)

[NASP Online - Helping children cope with changes due to the pandemic](#)





Mental health Apps

[Medical News Today - The Top 10 Mental Health Apps](#)

[Very Well Mind - 23 Mental Health Apps for Stress, Anxiety and More](#)

Substance Use Support / Virtual Meetings

[New York Times - Online help to stay sober during pandemic](#)

[SAMHSA - Virtual Recovery Resources](#)

[Shatterproof - How I'm Coping with COVID-19 & Physical Distancing as a Person in Long-Term Recovery](#)

General Information

[NAMI - Covid-19 Resource Guide](#)





Resources for Financial and Insurance Information

Many insurances are rethinking their policies as it relates to copays/coinsurances (what insurance describes as cost sharing).

Some insurances will waive co-pays during this time, and that will be for just a certain period of time, and only for certain contracts (i.e. Horizon BCBSNJ)

Others will only waive cost sharing as it relates to testing and treatment of Covid 19.

It is important that you understand what your insurance's policy is as it pertains to cost sharing.

Please keep in mind that providers who are in-network can only bill you what insurance passes on as patient responsibility.

You should be receiving an explanation of benefits statements from your insurance provider that shows what they paid and what they are passing on to you. If there is a financial hardship, most providers are willing to work with you to set up a payment plan that will allow you to make monthly payments on your account

STAY SAFE



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