



Public Safety Psychological Services

20818 44th Ave W, Suite 150, Lynnwood, WA 98036
Office (425) 775-4477, fax (425) 527-0466

Cerise M. Vablais, MBA, PhD, ABPP
cvablais@psspc.net

Staying Sane In Insane Times

Welcome to the First Edition of “**Staying Sane in Insane Times**”, a weekly tip sheet is to support you and your families during this public health emergency. We know that you are bombarded with information so we hope that this gives some concrete, practical suggestions during this trying time. During our annual wellness visits, using the acronym **PIES**, we go over tips on how to stay healthy and resilient. It appears we may all be in our homes for 8 weeks. But, that’s only **56 days**. We can **DO THIS**. As always, if you or a loved one are feeling suicidal, please call “911”, Code4 Northwest or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “P”

1. Exercise – We get it. Gyms are closed. Check out bodyweight and functional training ideas from the internet. And do it outside if you can (with appropriate distance from others, of course) This includes kids – get them outside and moving. Daily walk around the neighborhood.
2. Nutrition – it’s easy during times of stress to overeat (or for some, not eat enough). Best plan is to stick to whole, basic, foods with a *protein, carb and healthy fat* at each meal. Avoid sugary and processed foods as much as possible. Drink more water than you think you need.
3. **GOAL:** This week I will _____
Examples: walk 30 minutes outside each day, find a 30 minute workout on the internet that I can do at home, etc.

Intellectual Health – the “I”

1. Keep your mind **occupied with useful things – Variety is key especially when face a period of limited external activities. And MAKE YOUR BED.** (Search for Admiral McRaven and the words “Make Your Bed”)
2. Learn something new – **What can you learn in 56 days?**
3. **CHALLENGE:** Do **ONE** new thing every day this week. It can be a small thing like watch a documentary on something you are interested in or that appeals to some of your “quarantine mates”.

Emotional Health – the “E”

1. We get it. This SUCKS. All emotions are valid right now: Fear, Anger, Sadness, Loneliness, Hopelessness. NONE of us living today really have any experience with something of this scale. Acknowledge That. Embrace It. And now, make a plan to DEAL with it. It’s just 56 days.
2. Engage in self-care. This can be exercise, talking to a friend (use video conferencing if you can). Spend time OUTSIDE. Be kind to yourself. We are all doing the best we can.
3. **GOAL:** This week I will _____
Examples: Take a long bath; Call my best friend and set up a video chat time

Spiritual Health – the “S”

1. The “S” is broadly defined. It can be your religious faith, your meditation or yoga practice or anything that gives you the opportunity to connect with something outside yourself. The “S” is really important right now when things feel scary and out of control
2. **CHALLENGE:** Pray or meditate **DAILY. Yes, DAILY.** It only takes 5 minutes. You have that long. If you are new to meditation or mindfulness practices, the internet has many resources and there are also free apps to help you in this mission.