



Public Safety Psychological Services

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Staying Sane In Insane Times - Issue #2

This weekly tip sheet is to support you and your families during this public health emergency. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net 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:* THE GYMS CLOSED. Time to get creative. Figure out a home workout solution ASAP. Pushups, squats and the dreaded burpee are enough to get your endorphins elevated. Many gyms are offering free online workouts – check some out.
2. *Physical Environment:* - Your physical environment affects your mental health. We get that **YOU** are still going to work. Talk to your housemates and families to set up a functional work or study from home area for all. Get creative. Having a clean space at home to return to does wonders for a busy, anxious mind.
CHALLENGE: Set up an area for bodyweight workouts or a home gym AND a work or study from home space. *Find a house plant or flowers (fake works too) for the space.*

Intellectual Health – the “**I**”

1. It’s fun to be a homeschool teacher, right? (Not so much). If this applies to you, take a deep breath. You can do this. No one remembers the last few months of 4th grade anyway. Search the internet for free classes, virtual museum tours, etc. (More ideas on **PIES for KIDS** (attached).
2. Write or record your thoughts and experiences. We are living through a once in a lifetime event. Recording our experiences can not only help us stay grounded and let go of some emotion but will create a record for the future of this challenging time.
3. **GOAL: This week I will** _____

Emotional Health – the “**E**”

1. The reality is sinking in that this is a marathon, not a sprint. Take some time to detach this week. **Stay off social media and the news for one full day** (yes, 24 hours) if possible. If that seems too long, try 8 or 12 hours. Baby steps.
2. Listen to something or watch something you find funny. **Laughter really is the best medicine.**
CHALLENGE: Complete a gratitude list (**5 things you are grateful for**) 5 out of 7 days. Be specific.
Examples: “I am grateful that I saw flowers blooming.” “I am grateful that my coffee was the perfect temperature.”

Spiritual Health – the “**S**”

1. It’s literally your job to stay calm in the midst of this chaos, it is important that you *don’t neglect yourself*. Take time **EVERY DAY** to meditate or pray. Connection to that outside ourselves is key right now.
2. *Set up a morning/wakeup routine.* EXAMPLE: 10 minutes: 1 minute to stretch and drink a glass of water, 5 minutes of prayer/meditation and 4 minutes of bodyweight exercise. **Try it.**
3. **GOAL:** My wakeup/morning routine is _____

If you’re going through Hell, keep going.” ~ Winston Churchill



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Staying Sane In Insane Times –“PIES” for Kids and Teens #1

During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net *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 – “P”

- Kids of all ages need lots of exercise. With social distancing and suggestions not to be in parks, this can get harder. **We recommend being outside (safely) as much as you can.** Inside, figure out a way to make a kid or teen friendly home workout space. **Lead by example – make a standing Quaranteam (our cute name for those you are sharing space with) workout date.** Example: **0800 – everyone up for three rounds 20 jumping jacks, 20 squats, 20 situps and 20 burpees** (modifying for level, injuries, etc.). Getting the day started with movement will set everyone on the right track. Make this non-optional. Even toddlers can dance around with the rest of the team. (Crank up the Music: Rita Wilson’s Quarantunes playlist on Spotify is great!)

Intellectual Health – “I

- **Kids are curious.** The comic below is a great resource for helping kids understand the virus. They may just learn some biology too ☺
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- **Limit screen time** – We strongly suggest you have “media free” times – including older teens.
- **Routine:** children of all ages benefit from a routine: **Make a “new normal”.** Make a schedule that all can see and try to stick to it. (Don’t go too overboard though – free and unscheduled time leads to creativity.) Tip: Chalkboard contact paper. It’s a thing. Get some. Very inexpensive and can be used for daily routine schedules, notes of motivation, etc. **PRO TIP:** Daytime clothes only from 10:00 am – 7:00 pm.

Emotional Health – “E”

It is normal for children and teens to be **ALL OVER THE MAP** right now. That’s to be expected. Extra hugs and letting them know that “we are doing everything we can to stay safe and keep everyone else safe too” will help.

- Buy or create a journal where they can record their stories and drawings of their weeks at home
- Teens should be mindful of what they allow their younger siblings to see and hear regarding the current situation. (For example, if your teen decides to watch Contagion and a younger sibling sees it, allow your teen to be on “Nightmare Duty”).
- Encourage kids to connect with friends on the phone or video conference. Help younger kids with a topic list as they are likely not used to talking on the phone.

Spiritual Health – “S”

- Introduce or encourage prayer and meditation to children. Headspace has free kids meditation as do many other sites. <https://www.headspace.com/meditation/kids>
- Good resource for ideas related to taking care of kids during this time.
<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

“Be excellent to each other” – Bill and Ted