

Staying Calm During the Covid 19 Crisis

Dr. Tiffany Young, PhD, LPC-S

TY MENTAL HEALTH CONSULTING



RELAX YOUR EXPECTATIONS

Our world is literally changing all around us from working online to school online to being unable to gather with family and friends. Don't expect yourself or your family to keep the same routines. Be flexible and learn to create new routines!



STAY SOCIALLY CONNECTED

Even in social distancing we still require connection to loved ones. Utilize social media and technology to stay socially connected! Have virtual meet ups and activities or just have a good old fashion phone conversation!.



DISCONNECT

Disconnect from anything that triggers you. There is so much information going around and it can be an overload! Stay in the know but filter the information and do your own research! Unplug from social media throughout the day!



STICK TO THE BASICS

Keep a basic self care routine that includes hygiene, getting dressed daily, and moving your body!



USE VIRTUAL THERAPY & HELPLINES

Many counseling and mental health services are going virtual! Utilize your employee assistance services to connect with a therapist that can help you manage symptoms and emotional wellness concerns and create a wellness plan during uncertain times

www.BetterHelp.com

www.OpenPath.com

NAMI: 1-800-950-NAMI (6264)

Suicide Prevention Hotline: 1-800-273-8255

WWW.DRTLYOUNG.COM