

# PSYCHOLOGICAL SUPPORT GROUP RESOURCES



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## DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

## 6 WAYS TO BREAK OUT OF YOUR NEXT WORRY SPIRAL

- ① CREATE A PRACTICE TO GET PRESENT
- ② NOTICE—AND TRY TO RELEASE—ANY EXPECTATIONS
- ③ SAVOR THE LITTLE THINGS
- ④ DO 1 THING, SOLELY FOR ENJOYMENT
- ⑤ BREATHE
- ⑥ REMEMBER YOU'RE NOT ALONE

@SHINETEXT

@theanxietyhealer

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## Home Tips & Mental Health



1. Open all shades, curtains, etc.
2. Play music all day in kitchen.
3. Shower, clean clothes.
4. Drink water in a fancy glass.
5. Call at least one friend a day.
6. Movie time is 4-6pm.
7. At least 1 walk or bike ride.

@drkellyjameson

If you don't come out of this quarantine with:

- A new skill
- Your side hustle started
- More knowledge

~~You never lacked time, you lacked discipline.~~

**You are doing just fine.**

We are going through a collective traumatic experience.

Not everyone has the privilege of turning a pandemic into a something fun or productive.

**Stay healthy.** 

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## Mindset Shift During a Pandemic

I'm stuck at home	→	I get to be SAFE in my home and spend time with my family
I will get sick	→	I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick
I will run out of items at home during self-isolation	→	I have prepared for this and I will use my items wisely. I have everything I NEED for now
Everything is shutting down, I'm panicking	→	The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open
There is too much uncertainty right now	→	While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time

## Affirmations in the Time of Quarantine

1. I'm allowed to rest
2. I don't have to be productive to be worthy
3. My feelings are real
4. I am doing enough
5. I am allowed to take a break from the news cycle
6. I deserve to be cared for
7. I am allowed to be fearful
8. I can spend extra time on myself

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## Dr. Tammy's 10 tips for coping with COVID19

1. Escape from the negative and smile.
2. Use social media to find positive ideas, and post fun content.
3. Find LIVE concerts and impromptu musicians playing online.
4. Minimize your expectations, pick one project on your to-do list.
5. Find a board game you and your family can play together.
6. Stay connected to your partner, have a check-in every day.
7. Exercise every day. Movement is essential to staying healthy and sane.
8. Get outside if you can. Nature absorbs negative emotions!
9. Have a meaningful conversation about your future and what matters most.
10. Start a journal and write about what inspires you.



"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasizing.

**Stay**   
**Healthy**