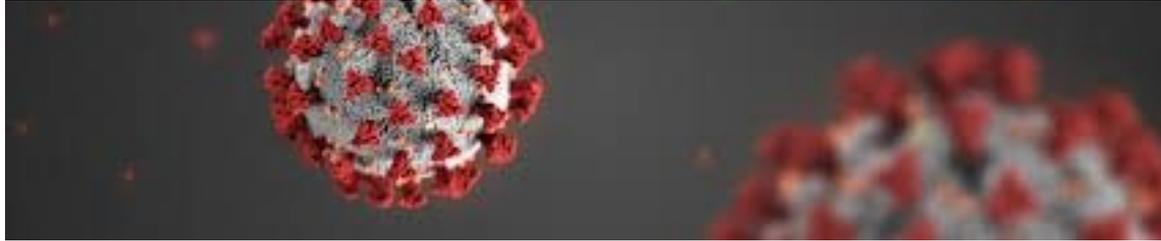


Mental and Physical Wellness During the Coronavirus Pandemic



Note: At the bottom of this document you will find Emergency numbers for Crisis Centers, Suicide Prevention and Domestic Violence.

March 19, 2020 by Anita Galeana, co-founder Bella C Foundation

(updated 3/31/20)

I've found myself checking my iPhone, and reading the news on COVID-19 dozens of times throughout the day. Each headline sends a sense of unease through me. But I have lived long enough to understand that life is always uncertain, and it can get turned upside down in a split second. I also know I'll get through these challenges too. So can you.

We have seen enormous changes in our lifestyles in just one month, as every day has brought changes we never thought we would see, let alone live through. Fear is a natural, and is a healthy response to danger. However, the first thing to remember is, if you're young and healthy, most likely you will be okay if you contract the coronavirus. When assessing overall risk, you must think about all the family members who live with you.

The most important fact to understand is that **the goal over the next year, or until a vaccine is available, is to slow the progression of the epidemic** so that people who may need life saving medical care can get it. If the transmission or spread of the disease is too fast, our hospitals may become overwhelmed, as we have seen in places like Italy, Spain and New York City.

Never before have our actions or inactions been so consequential to our loved ones, friends and neighbors. **In other words, other people's lives depend on each and every one of us!** Community has always been the glue that holds society together, our interconnectedness and dependence on each other for our well being. Those at risk are likely to be our grandparents, or people we know who have a pre-existing medical condition, such as lung or heart disease. It

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could be your neighbor who is battling cancer, or a child who has asthma, or your dad who has high blood pressure, that need your help. And **we can all help by staying home.**

At least 10 of my loved ones and close friends are in one of those high-risk categories. Many of my family is spread throughout the country and the world. So while I am very concerned for their safety, I don't give in to fear, or panic, nor do I let my mind get overwhelmed with what might happen to me, or my loved ones. I have to pay close attention to my feelings and the stress I hold in my body. I admit I've had a few moments of tears. However, my days of optimism and sense of peace still far out number the moments of sadness.

Oren Jay Sofer recently wrote, *"Spiritual and emotional maturity doesn't mean we never feel afraid. It means we have the capacity to self-soothe and see clearly during a crisis. It means we have enough balance and wisdom to not freak out when things go haywire, nor to cut ourselves off in denial and pretend we feel okay when we don't."*

Strategies to Stay Healthy, Both physically and Mentally.

1. Take one day at a time, and don't think about tomorrow.
2. Live every day in the moment and try to savor as many experiences throughout the day as you can. Think about how good it feels to take a warm shower in the morning. While on a walk (alone) think about how good it smells after a rain. Take a picture of those moments and share with someone. Take time to really enjoy every bit of a meal or even a snack. Use all your senses to savor as many moments as possible.
3. Spend time every day naming the things you are grateful for, such as: a warm blanket and the comfort of your bed, the company of your pet, your teachers who are keeping you engaged with learning, etc. Even if you only wrote down or thought about 3 things a day that you are grateful for, after a week your mood will be better.
4. If you're in school, but now find yourself taking all your classes on-line, our Bella Scholars recommend keeping a schedule. It doesn't have to be rigid, just commit to spending certain times of the day doing certain activities, with breaks in between. It's not the time to go "helter skelter" because we all feel better when we have a rhythm to our day. Here's an example: Morning- make a to-do list, eat breakfast 11a.m.-3 p.m. school work (with a break for lunch, another to walk the dog, or snuggle with your cat). The rest

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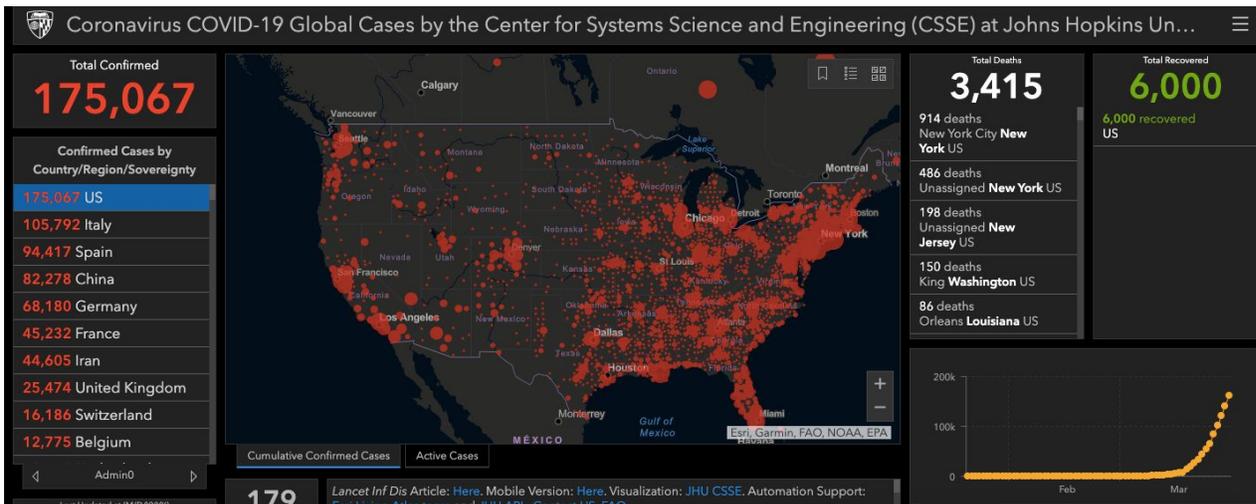


of the day can be flexible, spending time connecting with family and friends, Facetime with a friend while you watch the same movie, make something new, paint/draw, bake, cook for your family, etc. End the day with adding the things you didn't accomplish to the top of your to-do list. Name 3 things you are grateful for.

5. Learn the facts about COVID-19 (not hearsay, IG, FB or text messages) Learn by reading from reputable scientific sources e.g.
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
6. Put down all electronics, especially smart phones and turn off the news/t.v. if you feel anxious.
7. Call, text or email loved ones to check in
8. Spend quiet time alone, just sitting for at least 10 minutes a day. Try meditating. There are lots of free Apps and YouTube videos that explain how and why.
9. Don't catastrophize or imagine a catastrophe out of what might or might not happen
10. Get plenty of sleep, drink water, and eat well.

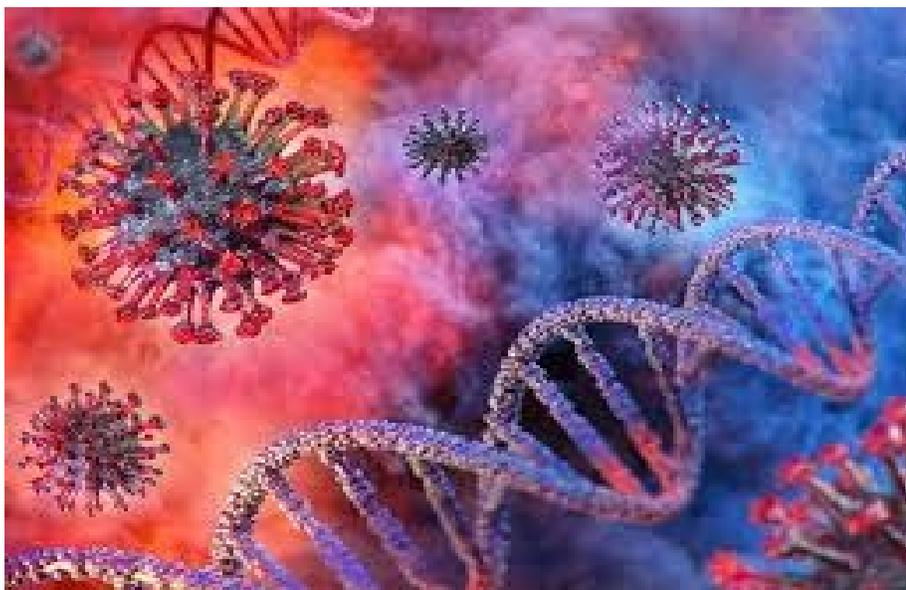
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The following gives updated information on the spread of the virus worldwide with the number of recovered and active cases: **March 31, 2020**



<https://bit.ly/CV19-VirusMap>

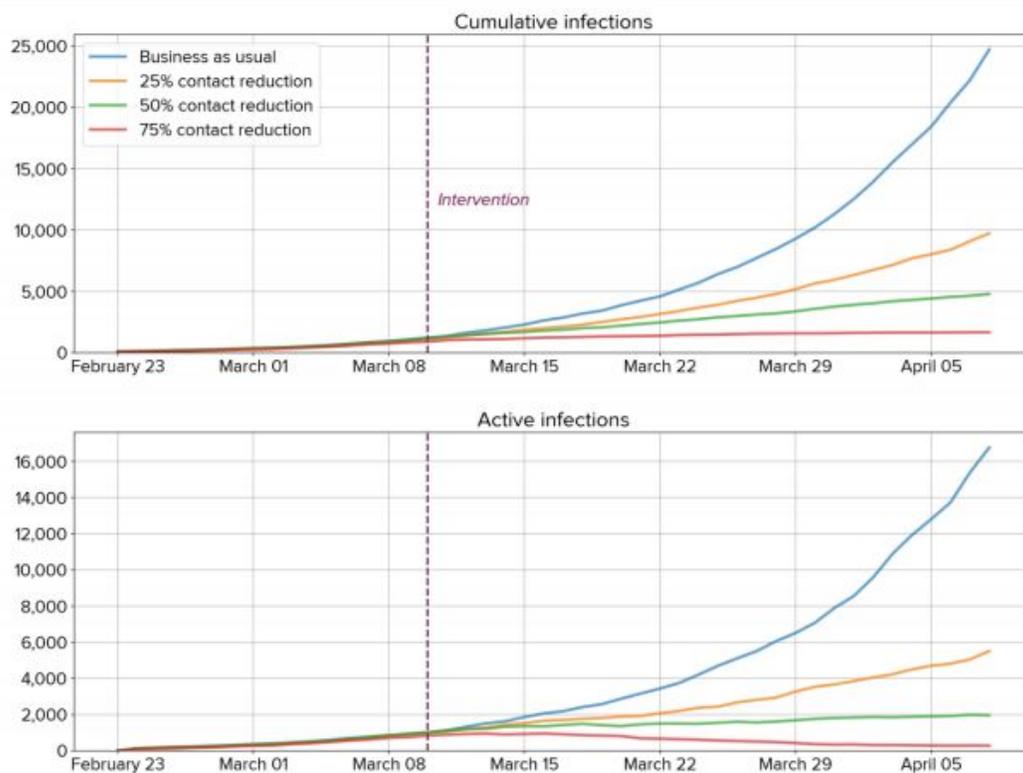
SOURCE: Copyright 2020 Johns Hopkins University, all rights reserved, provided to the public strictly for educational and academic research purposes.



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The main goal of social distancing is to slow the rate of transmission of the virus. Every American needs to obey shelter in place and social distancing, until told otherwise. The RED Line represents the lessening of new COVID-19 cases when people practice social distancing the majority of time.



Bend it Like The Bay Area: [Bend it like the Bay Area: Doctors see flatter curve after 2 weeks of social isolation](#)

If we do our job right, the curve will keep flattening.

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Domestic Violence:

[Is This Abuse? - The](#) Call: 1-800-799-SAFE (7233) Available 24/7

Mental Health Concerns:

https://nami.org/help?gclid=Cj0KCQjw1lv0BRDaARIsAGTWD1u4dUCOLzKQyf2L9UL_cyu_6Zt8IFWJ6vC5_SfloTEZMa0Q_9OBkYIaAIRuEALw_wcB

Call 1-800-950-NAMI (6264) Monday-Friday 10 a.m. to 6 p.m. Eastern Time or email info@nami.org

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text HELLO to 741741
- <https://suicidepreventionlifeline.org/>
- More information about mental illness at the National Institute of Mental Health website: <https://www.nimh.nih.gov/health/find-help/index.shtml>
- Mental Health Minute: Depression - YouTube Video:
[Depression Mental Health Minute](#)
- Information for teens and their parents can be found at the following website:
<https://medlineplus.gov/teenmentalhealth.html>