

# TIPS FOR COPING WHILE STAYING AT HOME DURING COVID-19



## STRESS MANAGEMENT YOU CAN DO AT HOME, ON YOUR OWN SCHEDULE, TO SUPPORT YOUR MENTAL HEALTH, MAINTAIN HEALTHY COMMUNICATION, AND PREVENT ISOLATION

### Take Care of Your Body

Sleep and rest, stay hydrated, eat well, move and exercise as you can.

Now is not the time to stay up all night reading the latest "news" on Facebook. Limit your screen time, particularly before bedtime.

Get outside to enjoy the fresh air, walk, inspect your garden(s) or yard.

### Accept Your Feelings

Accept feelings of anxiety, worry, fear, boredom, loneliness and grief as they come. Know that these are completely normal responses to this stressful situation.

Reach out to talk to others. Talking through your feelings can be extremely therapeutic.

### Remember that Isolation is Temporary

Take one day at a time, or one hour at a time, if that's helpful for you. Be patient with yourself, your family, your coworkers, the world. Patience, kindness, and a smile can go a long way.

### Laugh, Do What You Enjoy, and Look for Beauty

Laughing is really good medicine. Share stories, photos, and videos with friends.

Look for beauty outside your window, in your family members, and in the objects around you.

Remember activities you enjoy and do more of them. Read, write, listen to or make music, exercise, call loved ones, paint, cook, or plant your garden.

### Practice Mindful Breathing

Stress can lead to shallow breathing and an increased heart rate. Slow, deep breathing helps counteract this. For example, try abdominal breathing, box breathing or five finger breathing.

### Practice Grounding Yourself

Grounding is very useful in times of acute stress. For example, be still and notice: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste. These actions help orient you to the present moment.

### Keep a Daily Schedule

Maintain your schedule as it makes sense to you, with time for sleep, meals, exercise, self-care, work, etc. This can help increase a sense of security and predictability. If you are working at home, take breaks and adjust your timelines as needed.

### Control Your COVID-19 Narrative

Ask yourself what information you want to take into your mind and thoughts. What is helpful now? Choose what is most meaningful, not what happens to appear in front of you.

Choose reputable sources and limit your consumption. Pay attention to how information affects your stress and anxiety.

Our suggestions:

**Centers for Disease Control and Prevention (CDC):**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**MN Department of Health (MDH):**

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

### Connect with Others

Reach out to family, friends and neighbors by phone, video chat, text, and email. Check in on elderly loved ones.

Send letters to loved ones, Make calls to those you know may feel cooped up and/or lonely.

Join activities online such as faith community services, online library resources, YMCA360 on-line exercise classes, the MN Communities Caring for Children's daily online gathering '[Practicing Resiliency in Community](#)'

### Be Gentle, Particularly with Kids

Take extra caution to be gentle with children. They may not understand what is happening and they may be negatively reacting to stress. Try to practice consistent routines with children and mimic, as much as possible, a normal school day.

Here is a helpful link for ways in which to talk about COVID with children:

[https://www.aacap.org/App\\_Themes/AACAP/Docs/latest\\_news/2020/Coronavirus\\_COVID19\\_Children.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf)

### Take the Long View

Ask yourself "Who do I want to be on the other side of this crisis? How does that guide my behavior now?"

### Be a Role Model

You can role model to others with your own self-care

*Remember this too shall pass. This is hard to remember but we, as humankind, have gone through much adversity.*

**Information sourced from a compilation of:**

Carlton County PH "Tips for Coping While Sheltering In-Place"

& U of M Extension Article "Taking Care of Yourself in the Time of COVID-19"

# GET HELP

## Aitkin County Mental Health and Other Resources



\*Telehealth is when services are provided remotely using technology platforms instead of face to face.

## MENTAL HEALTH PROVIDERS

### THERAPY, MEDICATION MANAGEMENT, AND OTHER OUTPATIENT SERVICES

#### Northland Counseling Center

Aitkin Office 601 Bunker Hill Drive Aitkin, MN 56431 <b>218-670-0005</b>	Grand Rapids Office 215 SE 2nd Ave Grand Rapids, MN 55744Loc <b>218-326-1274 or 800-450-1274</b>
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\*Both locations are currently open and accepting new patients. Call or use the website to schedule. Services primarily being provided using telehealth.

#### Northern Pines Mental Health Center

Aitkin Office  
13 3rd St NE  
Aitkin, MN 56431

\*Open and accepting new patients. Northern Pines offices are temporarily closed to walk in appointments, however, therapy and other services are available by phone or video, contact **320-639-2025 or 833-316-0698 (toll free)**.

#### Clear View Counseling

38382 Dove St. Unit 2  
Aitkin, MN 56431  
**218-330-4303**

\*Open and accepting new patients. Call to schedule. Services available by telehealth only at this time.

#### Riverwood Behavioral Health

601 Bunker Hill Drive  
Aitkin, MN 56431  
**218-394-2490**

\*Open and accepting new patients. Call to schedule. Services available by phone, telehealth, and in person.

#### Nystrom & Associates

13045 Falcon Dr, Suite 100  
Baxter, MN 56425  
**218-829-9307**

\*Open and accepting new patients. Call to schedule. Most services are being provided via telehealth.

#### Northern Psychiatric Associates

7115 Forthun Road, Suite 105  
Baxter, MN 56425  
**218-454-0090**

\*Open and accepting new patients. Call to schedule. Services being offered via phone and telehealth only at this time.

## CRISIS SERVICES

IF YOU ARE HAVING A MENTAL HEALTH CRISIS OR ARE THINKING OF TAKING YOUR LIFE AND NEED TO SPEAK TO A MENTAL HEALTH PROFESSIONAL...

#### Local Crisis Line

(serving Aitkin, Cass, Crow Wing, Morrison, Todd, and Wadena Co)  
**218-828-4357 or 800-462-5525**  
24 hours a day, 7 days a week

#### MN Crisis Text Line

Text MN to 741741

#### National Suicide Prevention Line

**800-273-8255**

## OTHER RESOURCES

#### MN Warm Line

Peer Support Connection - call if you need someone to talk to, are feeling isolated, depressed or anxious

Call or text 844-739-6369  
5 p.m. to 9 a.m. every night

## MN COVID-19 Hotlines

#### Riverwood Coronavirus Helpline

**844-428-1323**  
Available Mon-Fri 7am-5pm

#### Minnesota Helpline

**651-297-1304 or 800-657-3504**  
Available Mon-Fri 8am-4:30pm

For a complete list of Aitkin County COVID-19 Resources click [this link](#)