

Headspace - a science-backed meditation and mindfulness

www.headspace.com/mi

Stay home, stay mindful.

To the people of Michigan: staying inside isn't always easy, but Governor Whitmer and Headspace are here for you during these challenging times. Now more than ever, it's important to take care of yourselves and one another while each of us stays home and stays safe.

This special collection of meditation, sleep, and movement exercises below are designed to help you keep a strong and healthy mind in the midst of this global health crisis. All Michiganders — from the shores of Lake Superior to the streets of Detroit — will get through this together.

Peer-Run Warmline to Aid Persons with Mental Health Needs During COVID-19 Pandemic

Warmline will operate seven days a week 10 a.m. to 2 a.m.

888-PEER-753 (888-733-7753)

The Michigan Department of Health and Human Services (MDHHS) is launching a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The warmline will operate seven days a week from 10 a.m. to 2 a.m. at **888-PEER-753 (888-733-7753)**. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

Warmlines are an alternative to traditional psychiatric crisis hotlines and are used to avoid extreme emotional distress that can lead to hospitalization or other severe outcomes that are preventable with early intervention of peer support. Warmlines alleviate the burden on crisis responders by offering a solution for non-crisis callers. The Certified Peer Support Specialist (CPSS) Warmline will offer support for individuals feeling isolated from society, and will provide referrals for outreach and assistance for those seeking critical physical and behavioral health services.

Mental Health Information for Social Media Careottawacounty.com

Mental Health

Learn more about COVID-19 and your mental health by watching this Q&A session with the World Health Organization.

<https://youtu.be/zDx1LKkk5c4>

Coping with Stress

It is normal to feel stressed because of the COVID-19 Pandemic. Visit the Centers for Disease Control and Prevention for a variety of resources related to stress and COVID-19.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Maternal Infant Health

Having a new baby can feel very isolating in itself, social distancing from family and friends due to COVID-19 makes this feeling of isolation even more prevalent. You are not alone, resources are available for new moms. Take advantage of these resources and prioritize self-care so that you can be there for your baby. Babies are a powerful source of connection. Gazing deeply into your babies eyes and feeling your baby on your skin, will help you and your baby feel connected and loved. Find these tips and more by visiting <https://arborcircle.org/blog/maternal-infant-health-program/>

Child and Family Resources

In addition to adults being more stressed during times of social isolation and financial uncertainty, children can also display signs and act out in ways that will exacerbate the situation. Parents and caregivers may be more likely to respond to their children's anxious behaviors or demands in aggressive or abusive ways. Here are some positive parenting tips to help keep the family calm.

https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx

Research shows that when families are stressed, children are at an increased risk of being abused. Learn how to take care of yourself and your children during this stressful time in our nation.

<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx>

The Ottawa Community Schools Network has put together a variety of resources for students and families to help cope during this time.

<https://www.oaisd.org/programs-services/collaborations/ottawa-community-schools-network/mental-health-supports/>

Domestic/Intimate Partner Violence

Isolating at home can lead to an increase in violence for individuals in abusive relationship. Resilience has a 24/7 helpline available by calling 800-848-5991. They understand that sometimes staying home is not a safe option for survivors.

<https://resiliencemi.org/when-staying-home-isnt-safe/>

Michigan is seeing an increase in domestic violence. Even the most stable people struggle with being isolated, so those who are vulnerable or currently in abusive situations are at an increased risk. Not having coping skills, being on lockdown with little options, and all of the uncertainty that comes during a crisis, is a recipe for disaster. <https://www.psychologytoday.com/us/blog/why-bad-looks-good/202003/domestic-abuse-during-quarantine-when-the-threat-is-inside>

Anxiety

The Stay Home Stay Safe order from Governor Whitmer is in place to keep Michiganders safe and healthy during the COVID-19 pandemic. The ever changing news and information about COVID-19 may increase anxiety. Here are some things you can do to help relax and lessen stress.

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies?fbclid=IwAR2w3qH7as51FtQxZrXn1w3qf93sN55D9lhcwdwoYPKC24n9zuVipM0peA>



**TOP
10
LIST** COVID-19
Anxiety
Reduction
Strategies