



Some advice on maintaining your mental health during the coronavirus:

The BBC has posted a wonderful article on protecting your mental health during the coronavirus. It can be found here:

https://www.bbc.com/news/health-51873799?SThisFB&fbclid=IwAR2gfTXH3bKR06tVBiNC0Kwot9h_psGmgyuDvYrRZGOFyGWa4al7VQwiwhM

Here are some tips to maintain your mental health during difficult and trying times:

- Cultivate psychological flexibility: Venues and events are closing, places of business are temporarily shutting down. Things are changing. Period. Expect things to change and figure out the best way to adjust and to respond.
- Flatten the curve: Hand washing, social distancing, etc. There is a reason these things are being suggested- they work.
- Limit your time consulting with the news and social media: It can be tempting to follow this 24/7, but what starts as an innocent desire to be informed can turn into obsession and compulsion. Use how you feel as a guide to determine how much and how often you watch and listen.
- Stick to trusted and reliable sources of information, like the CDC and your local health network. Not all sources of information are reliable. If it causes more anxiety than relieving it with education and tips on prevention, it may be doing more harm than good.
- Mute and unfollow the things that trigger you. Exercising control by pushing the “off” button can be one of your most effective tools.
- You can stay connected to loved ones during a time of social distancing. Writing emails and letters via “snail mail” and phone calls to friends and family to offer encouragement can be really powerful. Keep reminding yourself of positive things every day.
- Follow a routine, even if it’s different than your regular one. Routines create control and predictability, two of the most effective weapons against anxiety. Make sure your routine includes regular physical exercise. Many venues are offering home exercise routines that are quite effective. Outdoor exposure to natural light is an effective anti-depressant.
- Blackburn College is exploring virtual counseling options for its students during traditional business hours using Google Meet or by phone. To schedule an appointment

contact Counseling Services at tim.morenz@blackburn.edu or jenny.langlely@blackburn.edu

- To learn more about Google meet, please consult the following article: <https://zapier.com/blog/google-hangouts-meet-guide/> The Blackburn student will need to be using Chrome to access the meeting. We could also arrange contact via phone. Use the same email to arrange a time. I look to start offering sessions on 3/19, after a successful trial period of working out the bugs.
- For crisis services please consult that National Suicide Prevention Lifeline at <https://suicidepreventionlifeline.org/> or 1-800-273-8255.
- Be mindful of the suffering of others. Be patient and considerate. Be compassionate. We will get through this and we will do it together.

Now go wash your hands ☺

Sincerely,

Tim Morenz MA, LCPC
Director of Counseling Services