

## **Strategies for Stress Management**

The following guidelines come from The Kennedy Forum

### **Things To Do:**

- Keep things in perspective.
- Take breaks from watching, reading or listening to news stories, including social media.
- Consume and share validated, accurate information, not rumors.
- Practice compassion and empathy.

### **Things To Avoid:**

- Catastrophizing: Imagining the worst possible outcome.
- Mind Reading: Imagining what others are thinking.
- Fortune Telling: Imagining what the future holds, but without data.
- Black & White Thinking: Considering only 2 possible outcomes.
- Overgeneralizing: Painting all situations with a generalized outcome.

### **Self-Care While Working From Home**

- Keep a normal work routine: get up, shower, get dressed.
- Set your office hours and keep them.
- Coordinate family responsibilities and work routine with significant other or caretaker.
- Pace yourself between stressful activities and do a fun thing after a hard task.
- Find space to work, away from where the family is gathered, eats, or relaxes.
- Create boundaries during work time and off time.
- Use time off to relax – eat a good meal, read, listen to music, take a bath, or talk to family.

### **Reducing Isolation**

There are distinct, clinical differences between loneliness, chronic loneliness, and social isolation. This section is not meant to diagnose but to provide strategies to reduce isolation during this uncertain time.

- Social distancing does not equal emotional distancing.
- Convene regular opportunities to socialize via Skype, Zoom, Face Time or other platform.
- Utilize personalized communication platforms as much as possible (telephone, Face Time) instead of relying on impersonal social media interaction to stay connected.

As a people of faith, we MUST add prayer to the top of this list!

Join in a live stream or cable TV Mass, pray a Holy Hour alone or join with others online or through the television, watch a video on Formed.org, submit a prayer request, become a Prayer Warrior for others, join a faith sharing group – put your focus on your faith, not your fear. Jesus I Trust in YOU.

See the homepage of our website for our live stream Mass schedule and prayer resources. Remember – the most important thing you can do is ASK FOR HELP!

Father, thank you for being with us  
And understanding our mental health journey.  
Give us wisdom to discover helpful  
Insight and tools for each of our paths.  
Thank you for giving us hope, grace, and  
Your steadfast love for better days to come.  
In Jesus' Name, Amen.