



Practice Self-Regulation™

A Trauma-Informed Approach for Health and Well Being

Five Tips for COVID Overload

Joann Schladale, LMFT

1. *Pick a favorite release and stick with it.* Healthy venting with family or friends, some fun body movement, binging on a favorite media outlet? Take a minute to think through what's providing any sense of relief right now and consider how you might build it into your daily routine. Be realistic about the amount of time you can give it and if there is an optimal time for doing so.
2. *Consider sharing your pain, it may become less painful.* Please don't hold things inside during these challenging times. Reach out to anyone you might trust and invite them to share struggles you are each facing with an agreement of unconditional positive regard and no judgment.
3. *Laugh as often as you can.* Humor in the time of COVID does not mean the pandemic's not deadly serious and has changed life as we know it. It does mean there is a counterbalance to the pain and suffering that helps brains, minds, and bodies manage the potentially relentless stress of the current reality.
4. *Reach out to others affectionately, and ask them to connect with you.* Send a quick message to let others know you are thinking of them and ask them to keep you up to date on their lives. Video conference if at all possible to reduce a sense of isolation.
5. *Maintain your spirit!* Reflect on what's most important to you in life and try to focus on those things at least once a day for a few seconds. Embrace your uniqueness and celebrate who you are even if it's just a passing thought as you take a quick break in your day.

And remember that staying healthy is the greatest contribution anyone can make to reducing the impact of the pandemic.