



Marlboro Alliance for the Prevention of Substance Abuse

We are a community that cares!
We are here to try and help you during this pandemic.
If you have any questions or concerns please email
Drugalliance@marlboro-nj.gov

Staying Sane in the Midst of COVID 19

Concerns about the spread of COVID-19 have turned our daily lives upside down.

A growing number of employers are allowing their employees to work remotely, schools and daycare centers are closed, and Governors are putting states on lockdown. Here in Marlboro and in many other places even parks are off-limits. In the midst of all of this change, most of us are rightfully concerned about our health and well-being.

As the news reports are telling us there's no disputing that social distancing is vital to curbing the spread of COVID-19. Our goal is to help you maintain some sense of normalcy during this time, particularly when we are socially isolated from friends and extended family.

Instead of fixating on what you can't do, we want to give you some tips to focus on what you can do during this unsettling time. By attending to different aspects of your health and well-being you will remain grounded during times of change, it also enhances your ability to help others.

A few ideas:

- Limit the news. Watching the news all day can increase anxiety levels. Pick a time, morning or evening
- Try some stress management techniques: meditation, deep breathing or keeping a journal
- Stay in touch with friends and family via, phone, online games and video chats
- Eat well
- Purchase pastas, rice, frozen foods, canned produce, beans and lentils – long shelf life
- Help limit the spread by online grocery shopping and home delivery
- Take an inventory of your pantry and get creative in the kitchen
- Exercise is critical for both your mental and physical health. Go for a walk, run or bicycle ride
If you have children living at home get them involved too. Make it their PE portion of the day. Break out that old hula hoop, jump rope or freeze dance, your options are endless

As we all navigate this new normal, consider how you can use your time mindfully. Perhaps go back to that old hobby you used to love or develop a new one. Pick up that book you've been wanting to read and didn't have the time for and if you're really feeling ambitious clean out that closet, attic or garage you've been meaning to get too!

Here are some additional links we think you might find helpful:

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

<https://www.chicagotribune.com/columns/mary-schmich/ct-met-schmich-covid19-crisis-20200312-335c5bkivjdu7ofw5jg46hyd4u-story.html>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://www.weforum.org/agenda/2020/03/working-parents-school-closures-coronavirus/>

Whatever you decide, focus on the things you CAN do to contribute to you and your family's health and well-being.

Stay safe, stay healthy!