

PrimeCare Medical, Inc.

PrimeCare Medical of WV, Inc.

PrimeCare Medical of NY, Inc.

Newsletter #2

Behavioral Health Services

~~Your present circumstances don't determine where you can go; they merely determine where you start ~Nido Quebin

The Covid-19 pandemic has caused a sudden impact on all of us. No one can possibly understand how you must be feeling. We realize this situation is difficult for you. The uncertainty in this situation can be overwhelming.

During this time of uncertainty, we wanted to discuss ways of dealing with anxiety and stress.

The first thing to know right now is it is completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important first step to building strength. The simple act of naming your emotions has been found to benefit wellbeing. So, take a moment now to tune into your body and notice how you are feeling. You may be feeling:

- *Anxious
- *Stressed
- *Worried
- *Fearful
- *Low
- *Lonely
- *Overwhelmed
- *Frustrated
- *Guilty
- *Angry
- *Helpless

Remember:

It is okay to feel discomfort. Accepting distress is often the quickest way to feel immediately calmer.

MENTAL HEALTH TIPS

The ABCDE Technique

Attention – When you feel distressed, stop what you're doing and pay attention to your inner voice. What is your mind telling you?

Believe? – Do not automatically believe your thoughts!

Challenge – reduce anxiety by broadening your focus. What's the bigger picture? Is the thought fact or opinion? What might you think if you were feeling calmer?

Discount – Acknowledge that anxiety has been dominating your thinking and let the unhelpful thoughts go.

Explore Options - What would be helpful to focus on right now? What options do I have available?

What is Stress and Anxiety?

The terms stress and anxiety are often used interchangeably.

Stress is when something we care about is at stake. A core part of stress is feeling threatened and in danger.

Anxiety is the unhelpful thoughts we have when our mind focuses on threat, uncertainty and negativity.

Anxiety is commonly described as having both mental and physical symptoms. The distinction between mental and physical anxiety is important because different tools are required for addressing physical symptoms and mental symptoms.

Anxiety can occur on its own, as a response to stress, or it can trigger stress. When it occurs as a response to stress, it can intensify the stress, and, in worst cases, lead to panic attacks.

It's important to understand that you cannot control anxiety from occurring – it is your brain's automatic survival tool. What matters is learning how to respond to anxiety helpfully, so that you don't get carried away by it.

Reducing Coronavirus Anxiety through Activities

If your mind continues to spiral with unhelpful thoughts, distraction can be an effective tool for nipping it in the bud. It is important to note a distraction activity must be very attention absorbing to effectively reduce coronavirus anxiety. When an activity isn't working well, spend some time reflecting on why and how you could make it more attention grabbing in the future.

Distraction activities have the added benefit of helping you feel happier, more motivated and more energized, as well as combatting boredom.

MINDFULNESS MEDITATION

Goal: To bring your thoughts to the present moment by paying attention to your five senses

- Vision - notice 5 things you haven't seen before (cracks in the wall, light patterns on the wall, etc.)
- Touch - what are 4 things you can feel (feet on the floor, fabric, texture of an object, etc.)
- Hearing – what are 3 things you can hear (air conditioning, noise in the day room, etc.)
- Smell – what are 2 things you can smell (may be pleasant or unpleasant)
- Taste – what is 1 thing you can taste (may just be the current taste sensation in your mouth or the taste of the air around you)

Ways to distract yourself include:

- *Reading
- *Journaling
- *Playing cards
- *Yoga
- *Tablets (if available)
- *Exercise
- *Behavioral Health Worksheets
- *Listen and support others on your unit

Asking for help and accessing Behavioral Health Services

If you start to have thoughts of self-harm or suicide, please inform ANY staff member immediately and you will immediately be referred to the Behavioral Health Staff and/or nursing staff.

If you are experiencing a change in how you are feeling or are experiencing increased feelings of depression, anxiety or other mental health symptoms, please inform any staff member and they will assist in making a referral to the Behavioral Health Staff.

Behavioral Health Staff will also be on the units to complete segregation rounds, sick call requests and to address emergent issues. Additionally, if your facility has tablets, you may continue to request services through the tablets.

Remember you are not alone

BODY SCAN

Goal: To pay close attention to the sensations in your body in order to increase awareness

- Start with noticing the sensations in your feet. Notice things such as warmth, coolness or breeze on your skin
- Slowly move up your body from your feet to your thighs, stomach, chest, back, shoulders, arms, fingers, neck and head
- Pay attention to the sensations that you feel
- Once you reach your head, complete the exercise again, going back down your body
- Move slowly through each body part
- Remember, the goal is to just pay attention to sensations in your body

THE FAR SIDE By GARY LARSON



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4			9	3	5	6
	3		4	8		2
	4	1	6		9	3
		6				8 9
5	7	8		4		2
			3			7
2						5

PrimaryLeap

Name: _____ Date: _____

Subject: Themes Sheet: Important Events

Score: 18

Word Search - Coronavirus

Can you find all of the words hidden in the puzzle below?

F	M	I	R	E	T	A	W	N	S	I	O	J	N	M	
H	O	M	N	O	I	T	N	E	V	E	R	P	O	A	
P	Z	U	Z	O	E	E	P	S	M	N	C	L	T	K	
P	X	N	U	L	I	R	V	O	O	O	Y	W	A	O	
C	H	E	C	F	E	T	T	E	R	A	A	W	L	F	
D	G	S	K	A	Q	P	C	O	F	S	P	E	O	R	
R	U	Y	D	H	M	D	N	E	H	E	A	U	S	Y	
U	O	S	I	Y	T	A	T	H	F	P	P	C	I	O	
B	C	T	S	T	V	E	A	U	Y	N	K	D	N	T	
I	C	E	O	I	C	O	V	I	D	G	I	G	N	I	
D	C	M	R	H	E	A	L	T	H	Y	I	X	Y	S	
N	U	U	I	M	M	E	Q	N	X	Z	K	E	U	S	
M	S	Z	F	G	B	A	J	D	H	Y	M	N	U		
L	B	E	P	X	I	S	F	O	A	Q	A	T	L	H	E

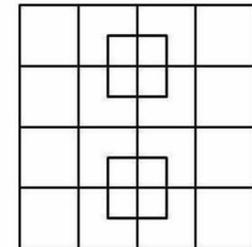
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SOAP TISSUE CORDONVIRUS FEVER IMMUNESYSTEM CLEAN MASK SPREAD WASH COUGH HEALTHY COVID INFECTION PREVENTION SYMPTOMS WATER HYGIENE ISOLATION

How Many Squares Are There?



BrainFans.com