

COPING WITH THE CHALLENGES OF COVID-19

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COPING SKILLS THE “M”S

MEDIA

- Limit media time
- Recognize confusion, conflicting information

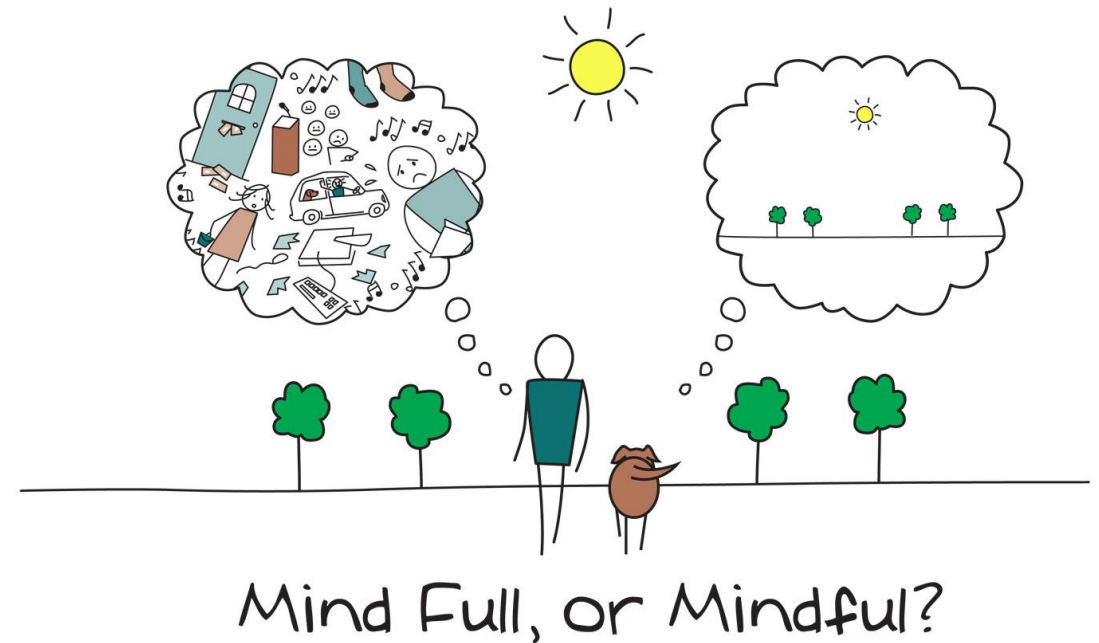


COPING SKILLS

THE “M”S

MINDFULNESS

- **BE AWARE of:**
your thoughts > emotions > experience
- **Replacement “preferred thought”**
- **Pendulate**



COPING SKILLS

THE “M”S

■ MOVE

- Get up! Every 30 minutes
- Connect and check your body!
- Release the pressure!



COPING SKILLS THE “M”S

■ MESSAGE

- Connect with others!
- Care
- Concerns
- Cry Out



COPING SKILLS THE “M”S

- **Meditate and Pray**
- Faith traditions
- Higher Power
- Meditate on timeless truths
- Be most vulnerable



REACHING OUT

- Suicide Hotline:
1-800-273-8255
- suicidepreventionlifeline.org
- Text HOME to 741741
- Prayer Line 281-652-5555, KSBJ
24 hours a day.
- In office & telehealth (video or phone) therapy appointments
- www.clearhopewellness.com
- www.clearhopecounseling.com





- Does my child need to see a counselor?
- Trauma Informed Guidelines
- “Dos and Don’ts”
- www.clearhopewellness.com
- <https://mhanational.org/covid19>

