

MARCH 2020 | TIMBER CREEK COUNSELING

YOUR MENTAL HEALTH & COVID-19

Resources for your mental health

Emerging mentally healthy from a pandemic

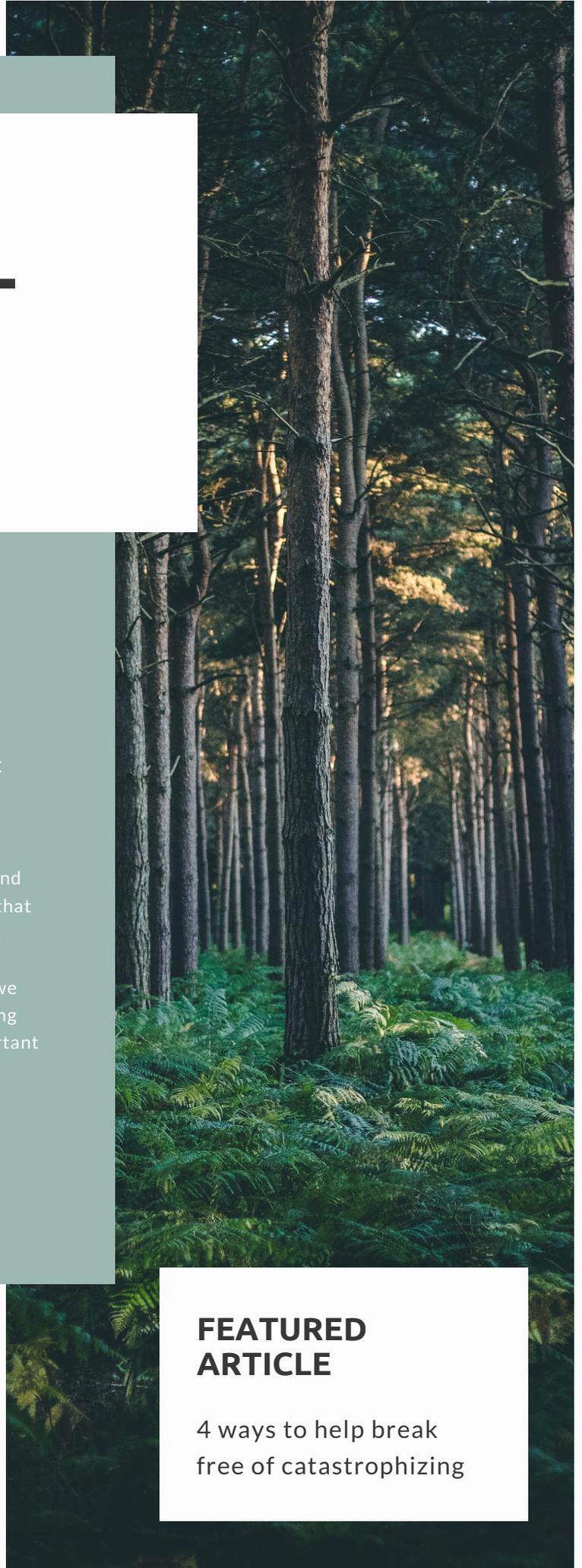
For most people, significant, unexpected changes result in increased stress. In addition, a lack of social interactions and routine can be difficult, but thankfully, there is no reason that we cannot find ways to continue to work on mental health.

While everyone reacts to stressful situations differently, we hope you find a resource that best fits what you need during this time. As many of us adjust to a new normal, it is important to make sure we are caring to our mental needs. This newsletters intent is to provide ideas and create space for reflection.

-The Timber Creek Counseling Staff

FEATURED ARTICLE

4 ways to help break free of catastrophizing



Catastrophizing

4 ideas to help break free of the spiral

By Melissa Cuthbert

I am a fellow catastrophizer. I often find my mind slipping to the worst case scenario, even if I know likelihood of a catastrophe is low. Given that we are currently in the midst of a global pandemic, I have found it especially easy to start catastrophizing. What if I get the virus and die? What if my kids/spouse get it? What if our income stops? What if we lose our house? And the list goes on. As I begin the spiral of catastrophic thinking, I have found a few techniques to be helpful in breaking the fall.

Idea 1 - take several deep breaths. I have found deep breathing to be one of the most effective methods of calming my thoughts.

Idea 2 - focus on gratitude. If I find one or two things that are specific and concrete that I can appreciate, I find that helpful in shifting my thinking. For example, I am thankful I have the ability to work from home.

Idea 3 - acknowledge that I am catastrophizing. This one is something I have developed over time, as I don't always realize what I am doing.

Idea 4 - move around. I have found going out for a walk or run, dancing to music, or evening doing some light stretching to be helpful in refocusing my thoughts.

Hopefully you will find one, two, or maybe even all of these ideas helpful the next time you start catastrophizing. Here is another great resource on additional ways to [stop catastrophizing](#).



By shifting our thinking we can move away from catastrophizing and towards hope and healing.

Focus

ON WHAT YOU CAN CONTROL

Ask yourself - what is within my control that I can do to enhance my life this week?
List them below and check them off when complete.

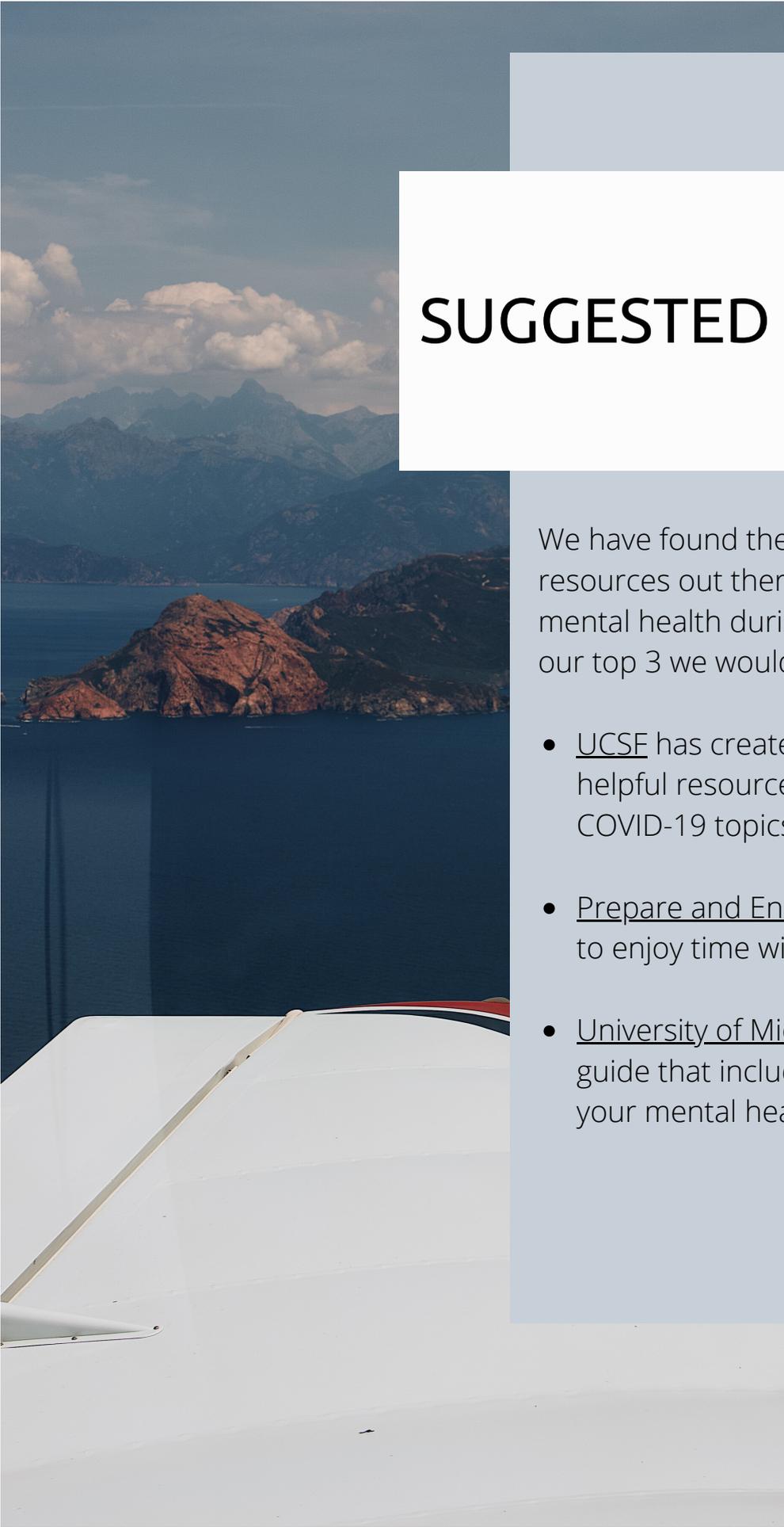
1.

2.

3.

Choose to focus on something that can happen with **100%** success, if you choose to make it happen.





SUGGESTED RESOURCES

We have found there are lots of great resources out there on managing your mental health during COVID-19. Here are our top 3 we would recommend:

- [UCSF](#) has created an outline of very helpful resources across an array of COVID-19 topics.
- [Prepare and Enrich](#) created a list of ways to enjoy time with your partner and kids.
- [University of Michigan](#) came out with a guide that includes tools to help maintain your mental health during COVID-19.

Labyrinth

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Feel free to trace the labyrinth below with your finger as a mindfulness practice.*

*Lessons4living.com

