

Surviving The Coronavirus Crisis

Self Care

1. _____ Self Care
2. _____ Self Care
3. _____ Self Care
4. _____ Self Care
5. _____ Self Care

Anxiety is feelings of nervousness, worry, fear. Some may experience anxiety on a spectrum from mild -moderate-severe. The more anxiety one experiences, the more symptoms and interference in one's daily living.

Depression goes hand in hand with anxiety. Depression is more of the feelings of helplessness and hopelessness. There is a general feeling of sadness.

Here are a few exercises to help you assess if you may be dealing with anxiety or depression.

I have included the Burns Depression and Anxiety Inventories for you to use for yourself, or others who you feel may need to take the self report. Those with scores above 10 may benefit from being evaluated or talking with a professional therapist.

Also, here are some questions to help process the anxiety, and focus on the truth found in God's Word.

Take a look at the ways you have experienced and expressed your anxiety since the pandemic has affected your life. What have you modeled for family members and others? Have you reacted or responded? Identify your own anxiety triggers that might have been activated by this crisis of COVID 19. Have you managed them or have you let them overtake you?

Hand-write a list of things that you've been anxious or worried about. Anxiety that isn't identified and managed can rapidly turn into fear, panic and cause folks to implode or explode, says Gary Oliver, Th.M, PhD, Clinical Psychologist.

Anxiety causes us to worry about our future- It starts the thought process of "What - If?" The majority of our "What-If" thoughts are exaggerations or lies we tell ourselves. Look at your list, what are some of your negative "What-If's?"

Replace the negative "What If's" to something more positive like..
What if God really loves you?
What if He will never leave you nor forsake you?
What if He is with you in this moment?
What if He will supply all of your needs and those of your family?

Find scriptures that can speak to your anxious thoughts to help you focus on the promises of God, and help you to respond than react.

Cast all your anxiety on him because he cares for you" ~ I Peter 5:7

Resources:

Touch of Healing Counseling Center

Sandra Rawlings, MS, LPC, CPCS, Director
Griffin First
2000 West McIntosh Road
Griffin, Ga. 30223
678-688-3133

Counseling Referral Network

At AACC.net. (American Association of Christian Counselors). Click on Find a Christian Counselor

Alcoholics Anonymous. aa-intergroup.org

Provides virtual meetings and phone calls for those struggling with addictions

American Foundation for Suicide Prevention arsonists.org

Taking care of mental health during COVID 19. 1-800-273-8255. Text TALK any day any time.

Center for Disease Control and Prevention. cdc.gov.

Information on coronavirus disease and how to manage anxiety and stress.

Mental Health America. mhanational.org.

Resource for mental health and COVID 19 regarding anxiety, medication, substance abuse, recovery, eating disorders, stress, and general tips on managing mental health issues during this crisis.

National Institute on Mental Health nami.org 1-800-950-6264

Is a government run site that provides resources about prevention, treatment and recovery for anxiety, bipolar disorder, depression, schizophrenia, obsessive-compulsive disorder, eating disorder and post traumatic stress disorder.

SMART Recovery. smart_recovery.org.

Self-management and recovery. Offers mutual support meetings for individuals and family dealing with addiction recovery.

National Eating Disorder Association Helpline 1-800-931-2237

Text NEDA to 741741. to get support and information for eating disorders

Substance Abuse and Mental Health Services Administration.

samosa.gov 1-800-662-HELP. Free treatment referral routing services for individuals or family members

Teen Line teenlineonline.org. 1-800-552-8336 (suspended currently due to virus) but can text TEEN to 839863