

Grant-Blackford Mental Health, Inc.

505 Wabash Avenue • Marion, Indiana 46952 • (765) 662-3971

A UNITED WAY AGENCY

MANAGING ANXIETY DURING A PANDEMIC

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BREATHE

- Breath is the foundation of life. We breathe in the womb before we are born.
- Practice Mindful Breathing - Pay attention to the air passing through your nostrils during inhalation and over your lips during exhalation. Breathe in for 5 sec, hold for a sec, breath out for 5 sec.

PROGRESSIVE RELAXATION- helps with anxiety and also sleep

- Tense a group of muscles as you breath in, relax as you breath out
- Do in order, head to toe

GROUNDING EXERCISE- great for aborting panic or a "spacey"/disconnected feeling

- Name the colors of 5 things you can SEE, e.g. "the cup is blue, the book is orange.."
- Describe the textures of 3 things you can FEEL, e.g. "the phone is smooth, carpet is rough.."
- Describe the sounds of 2 things you can HEAR, e.g. "the dog is snoring, the fan is rattling"
- Name one thing that you can SMELL, e.g. "cleaning products"
- Notice one thing that you can TASTE, e.g. "coffee"

STAY PRODUCTIVE

- An empty brain fills with anxiety. Do something!
- Do an activity that gives you satisfaction
- Examples: cleaning, organizing, crafting, reading, learning a new skill

KEEP A SCHEDULE

- A schedule gives us a sense of control and normality
- Include a mix of things that are solitary, social, necessary, fun, intellectual and physical
- Limit time on news or social media
- Keep meal times, sleep/wake, and hygiene actives on your schedule

CONTROL WHAT IS YOURS TO CONTROL, LET GO OF EVERYTHING ELSE

- "I have control of my actions, speech, and thoughts."
- "I am taking all the appropriate steps to protect myself from this illness."
- "I trust the experts to do their jobs."
- "I cannot control the behavior of others, only my response."

NATIONAL HOTLINES

Suicide 1-800-273-8255 (TALK)

Domestic Violence 1-800-799-7233, or text LOVEIS to 22522

National Substance Abuse Hotline 1-800-662-HELP (4357)

National Alliance on Mental Health (NAMI) 1-800-950-NAMI (6264)

LOCAL RESOURCE

Grant-Blackford Mental Health Inc. - 24 Hour Crisis Contact: 765-662-3971



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