

New Light Counseling Service COVID-19 Tips and Resources (Page 1 of 2)

1. Know the symptoms of COVID-19

- Fever
- Cough
- Shortness of breath

2. Practice acceptance

A global pandemic is not a usual occurrence. It makes sense that you are feeling uneasy. Allow for your feelings and allow for the reality of the situation. Also allow for the fact that most of us are not in immediate danger, and that we're working together to find solutions

3. Make a plan

- Disinfect surfaces around your home and work
- Wash your hands for at least 20 seconds
- Cover your mouth with tissues or elbows when sneezing or coughing
- Avoid touching your eyes, nose or mouth with hands
- Have a supply of food staples and household supplies like laundry detergent and bathroom items, and diapers if you have small children
- Check to make sure you have at least a 30-day supply of your prescription medications and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins
- Create a safety messaging or communication system with loved ones
- Discuss with your family, friends, or loved ones and generate a list of actionable items to practice during the pandemic

4. Limit your exposure to news

Repeatedly viewing or listening to the same scary story can really push your nervous system into full panic mode. Schedule just a few times a day to turn on the news or look at the internet, for about 20 minutes at a time. Set a timer to keep yourself from fixating on the scary stuff.

5. Pay attention to your body

- Our brains and our bodies are intricately connected. We feel better emotionally when we feel physically rested. Make sure you are eating healthy, getting a little exercise, and practicing good sleep hygiene.
- When we bring our mind into the present, and stop ruminating about the future or the past (what has gone wrong and what could go wrong) we realize that we're ok. Make sure your mind is where your body is. Use a mantra if that's helpful – "This too shall pass."

6. Keep a balanced perspective

- Even in the most challenging times, we can find a few aspects of our lives that are going well. It is important to focus on the good in times of struggle.

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7. Go with Facts

- <https://www.smchealth.org/coronavirus>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

8. Be mindful of what we are posting on our social media

- While we have the good intention of sharing updated news around COVID-19 on the social media, please note that sometimes by doing so, it might create further anxiety to some individuals.
- While we have the good intention of helping to find some ease during this COVID-19 scare, posting memes related with the pandemic might sometime inadvertently create negative feelings to individuals impacted by it.
- That's why go with facts and keep a balanced perspective are so essential in managing and progressing through this period.
- While some individuals succumb to COVID-19, way more individuals successfully recover from the conditions.

9. Be Extra Kinder:

- Elders, children, or individuals of all ages with chronic medical conditions such as lung disease, diabetes, and heart disease, are at a higher risk of COVID-19. When you have neighbors who are unable to get essential medications or groceries by themselves, please offer a helping hand or offer to run errands for them. Many elders are not technology savvy to be able to order essential items on the internet.
- Be patient with people waiting in the line. We are all in this together.
- Be kind with cashiers or other services staff. They are trying their best to serve customers in need of help, while showing up at work when a pandemic is going around and risking exposure to it.
- We need kindness and connection, not racism or attitudes. This pandemic affects every single one of us.

10. Additional Resources

- A child-friendly explanation of COVID-19:
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
- Where families can get free breakfast, lunch, and supper in San Francisco during school closures:
https://docs.google.com/document/d/1QURiGPWP1pIFw1HjNm3jpY_q4vMWKkd1XcvVUdhgwqE/edit
- California is currently able to test for COVID-19. Contact your primary doctor for consultation:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

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