

TIPS FOR LESSENING DEPRESSION AND ANXIETY DURING COVID-19

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Choose activities from this list daily to ease uncomfortable feelings!

1. Look at old photo albums of vacations and reminisce about all the fun you had. Try to remember the smells, the sounds and any tactile sensations.
2. Write a daily gratitude journal where you list a minimum of three things for which you are grateful.
3. Color in "adult coloring books" to ease anxiety.
4. Play with clay with your kids (or without your kids!).
5. Do some finger painting, drawing or regular painting.
6. Focus on being mindful as you do daily chores (Be present and notice the minute sensations, smells, and visual details of the chore).
7. Call a friend and talk about anything EXCEPT the COVID virus.
8. Try to create a new recipe for dinner using only ingredients you have in your pantry, refrigerator and freezer.
9. Meditate for 60 seconds 3 times per day, visualizing your immune system being strong.
10. Get outside for a walk, bike or run and breathe fresh air.
11. Go for a drive in your car to a place with nice scenery.
12. Drive to a location that has water or trees (nature is intrinsically soothing).
13. Give your skin some touch (rub lotion on yourself or have a family member do it for you).
14. Play hide and seek with your kids in the house.
15. Pray.
16. Allow yourself to cry if you need to (this rids the body of toxins).
17. Take a hot bath.
18. Watch a movie that is a comedy (research shows laughter heals at the cellular level).
19. Remind yourself this is a temporary situation.
20. Do something to help brighten someone else's day.
21. Do a video happy hour with your best friends.
22. Keep a regular schedule for rising, meals, bedtime.
23. Drink plenty of water to keep hydrated.
24. Donate to a charity that is helping fight COVID-19.
25. Do progressive muscle relaxation.
26. Do "recess at home" with your kids: <https://www.playworks.org/news/helping-our-communities/>
27. Remind yourself of your three "At least I'm not _____"
28. Read a book to your kids or have them read to you.