



Healing Starts In The Heart

A GUIDE TO DEALING WITH COVID-19 AND ITS EFFECTS ON YOUR FAMILY'S MENTAL HEALTH



TALK ABOUT IT

It sounds simple, right? Yet so many of us have issues opening up and talking about how we are feeling. Nothing you feel is “wrong” it’s just how YOU feel. If you’re stressed, anxious, sad or scared, tell someone. Even if that person doesn’t have the same feelings as you, it can be good to “verbally ventilate.”



CREATE RITUALS

Build some new, free and easy rituals into your day. Pick the same time of day you usually hang out or talk to friends after completing your school work. Try spending 15-20 minutes playing an online game with friends. (have a Candy Crush competition or play Game Pigeon or the SIMS).



CURATE YOUR NEWS

Use Staytuned, Now This and Buzzfeed to learn top headlines. Pay attention to things about prevention and symptoms. Try not to focus on the number of people who are sick or with worse outcomes. This will help lower your anxiety and help you feel educated about what to do to keep yourself healthy!

DR. ALFIEE SAYS ...

WHY?

- These are unprecedented times

WHEN?

- Now is the best time for you to begin taking REAL care of yourself and loved ones.
 - Things may not change soon or they will change slowly, so start making changes today.

WHO?

- You come from a people/culture built on survival, resilience and strong practices.
 - Use their wisdom and strength and build on them for YOU.

WHAT?

- Remember
 - Pride is Useless
 - Call (text, email) someone you trust
 - Ask for Help
 - You may be physically alone, but you need not be lonely.

HOW?

- 3 Goals during this time
 - Stay Connected
 - Stay Informed (“Curate your News”)
 - Lean on the wisdom of the ancestors (Recall what Abuela and Big Mama taught you)