

Psychological/Spiritual First Aid: The concerns of getting or passing on COVID-19 are real for all of us. These tips may help you and your friends/family/congregants cope with the fear and anxiety that is understandable during stressful times like this. (Please feel free to share this information with your religious leaders, family, friends, co-workers etc.)

Encourage self-care for self and others through:

-Deep breathing

-Getting exercise

- walking, yoga, stretching, etc.
- If you are a Network congregation/site doing “Walking to the Cross” please encourage people to keep it up and turn in their minutes to you weekly!

-Drinking plenty of water

-Listening to music you love

-Eating healthy foods

-Getting proper amounts of sleep and rest

(https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

-Staying connected with family, friends and co-workers

-Avoiding alcohol or street drugs to manage your stress

-Avoiding over-reliance on social media for information

-Sourcing accurate information (and scroll down for more):

- www.cdc.gov/coronavirus/2019
- <http://dhhs.ne.gov/Pages/Coronavirus.aspx>
- <https://idph.iowa.gov/Emerging-Health-Issues/NovelCoronavirus>

-Doing what you can to remain hopeful and positive

- Maintain a routine
- Practice/provide religious rituals, even if you are doing it online instead of in person
- Poem/Prayer (What if you thought of it as the Jews consider the Sabbath—the most sacred of times?): <https://www.uuworld.org/articles/poem-pandemic>
- Free stress management resources from this workplace wellness company: <https://stresstop.com/pages/free-resources>
- Hope Bible Verses/resources/prayers <https://www.biblestudytools.com/topical-verses/hope-bible-verses/>
- 5 Powerful Prayers for Peace Amidst Pandemic Fear <https://www.crosswalk.com/faith/prayer/powerful-prayers-for-peace-amidst-pandemic-fear.html>

Other information:

- Practical advice from CDC on cleaning at home if someone is sick:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>
- Coronavirus Disease 2019 (COVID-19) from CDC: Older Persons Checklist
<https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html>
- Open access to New England Journal of Medicine Resource Center:
<https://www.nejm.org/coronavirus>