

We recognize how difficult it is to manage the stress of COVID-19 and the impact that this has on your lives. We know from research that family caregivers are more effective and healthier if they have social and emotional support, basic needs met, and a guide for how to cope with significant stressors. This is even more important in the era of COVID-19 when basic connection needs including physical touch and affection are often short-changed in order to reduce spread of the virus.

A few thoughts for today that may give you a few moments of peace:

- if you are feeling exhausted, sad, angry, anxious or helpless, these are *common experiences* when people endure chronic stress with uncertain resolution (eg COVID, restrictions on physical connections, changing work and personal lives)
- brief moments of exercise, breathing deeply (in nose, out mouth stimulates a calming circuit in your body), and distracting yourself can go a long way to give "breaks" in stress and allow your body to keep going.

Jones Harrison has a behavioral health team (Associated Clinic of Psychology) that is active with residents and staff during this pandemic and available for support of family members. Please take advantage of their Caregiver Resilience Network for brief, NO COST support calls and suggestions on how to get relief from stress immediately:

Call 612-455-8648 or email nhsupport@acp-mn.com

- When you call, you'll be prompted to leave a voicemail with your availability regarding when it would be best for one of our providers to contact you.
- When you email, please include your name, phone number, and the best day and time to reach you.

After we receive your message, you will receive a prompt email or call back confirmation regarding the day and time you can expect to receive a call from one of our providers. At the designated time, one of our providers will reach out to you to initiate the support call.

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