

THIS MONTH

Five Tips to Managing Anxiety During Challenging Times

Staying healthy and managing stress is more important now. Given “Stay in Place” orders, we have time to explore a variety of mindfulness practices to change and improve our habits that will lead to better lives.

The current world-wide pandemic is causing sleepless nights, handwringing and some strange behaviors. Fear can sometimes bring out the worst in us. However, I am also seeing some incredible acts of kindness and selflessness in neighbors helping neighbors.

The anxiety that many of us are experiencing related to the current Covid-19 epidemic is a “situational anxiety” brought on by something we can’t very well control outside changing our behaviors for a period of time.

Below are five tips and resources for balancing our emotions during this unprecedented time in our history.

1. **Focus on the positives in your life and the world.**
Start your morning with a gratitude prayer or list of what you are thankful for. Read the comic strips before you read any news and save a positive story to read last. Say a daily affirmation. You could limit your news watching to every other day or once a week if you find it distressing.
2. **Mindfulness.** Mindfulness exercises are a wonderful way of disconnecting from all emotions by connecting with your inner being and at the same time disconnecting from all the negativity and to-

Kindness
STARTS WITH
you.

Get Your Questions Answered

Could you or your family need some additional support in any of the areas in the circle above? Just call the Walnut Creek office at 925-937-2018 and we will have one of our experts start you on a path to bring about peace of mind and reduce stress.

dos of our daily lives. This does not happen with one try. It is something that you need to do daily and increase the time of the exercise as you become more comfortable. Just learning to focus on your breathing can be a great first start – helps with sleeping too!

3. **Get productive.** Distraction is a great mind diversion when you are ruminating on your fears or unfounded beliefs. Have a list of projects you would like to complete and tackle one of them every time you get yourself in a worry-knot.
4. **Exercise.** If you start to worry or become anxious, take a walk or follow an exercise video. Yoga is a great exercise that is both a mindfulness practice and moves your body to be more flexible. If getting on the floor is a challenge, look for chair yoga.
5. **Eat well.** Diet is extremely important to mental health. Add immune boosting foods to your diet like citrus, blueberries, almonds, mushrooms, green tea, and red bell peppers.

If you need to process your worries, reach out to a friend or professional. Sometimes it is just good to talk through our anxieties. If your feelings are interfering with your daily life, such as causing trouble concentrating or an increased use of alcohol, seek help. **The Disaster Distress Hotline is 1-800-985-5990.**

The Eldercare Aging Life Care Professionals can take your calls and help with consultations on the phone or via FaceTime calls. The Home Care Assistance team is available to assist you with caregiving needs. **Our teams are following very high standards to keep everyone healthy during this epidemic – call us at 925-937-2018.**

For more information, visit: https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf

About our Author



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since

1984. Linda founded Eldercare Services, a fullservice care management and home care company in 1989. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 30 years. Linda is excited to be part of the Home Care Assistance family in order to expand the reach of Professional Geriatric Care Management with excellence in home care delivery.

MONTHLY AFFIRMATION

"I focus on the positives in my life and look for the positives in others."

Call us at **925-937-2018** to learn more.
CareManagement@eldercareanswers.com

Eldercare Services is now a division of Home Care Assistance, giving you the combination of great expansive caregiving and professional guidance.

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