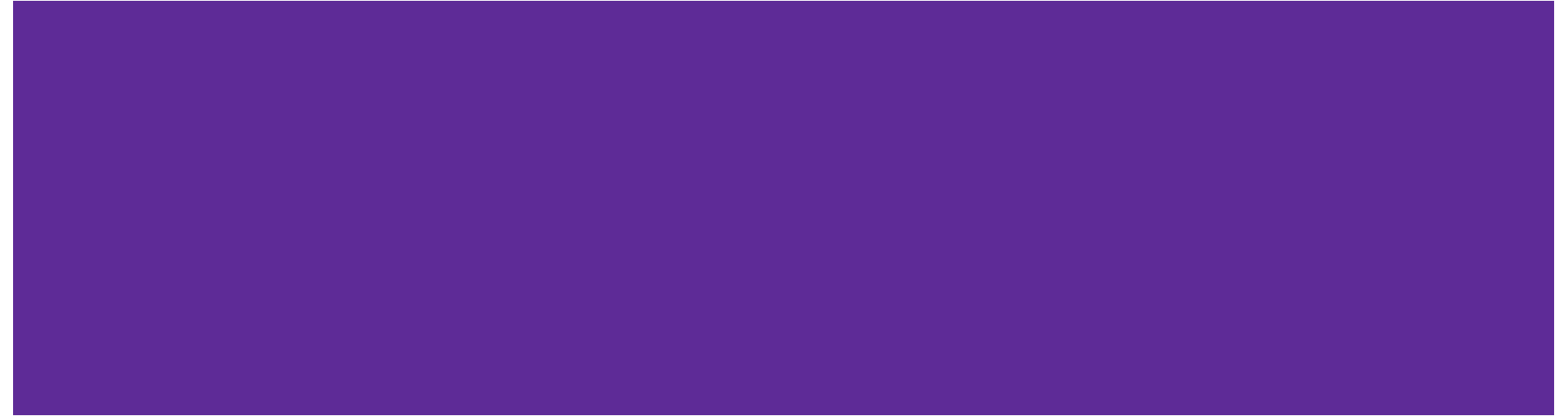


Taking Care of Yourself and Your Family

COVID-19 and Staying Home During the Outbreak



Troy R III Family

This is a difficult time for our families and many will be faced with different challenges. We would like to share different ways to take care of yourself and your family during these uncertain times.



WE
are
BETTER
together

The image shows the phrase "WE are BETTER together" written in a mix of uppercase and lowercase letters. "WE" is in all caps, "are" is in lowercase, "BETTER" is in all caps, and "together" is in lowercase. An arrow points from the word "are" to the word "BETTER". The text is set against a white background with a purple border.

Getting Outside

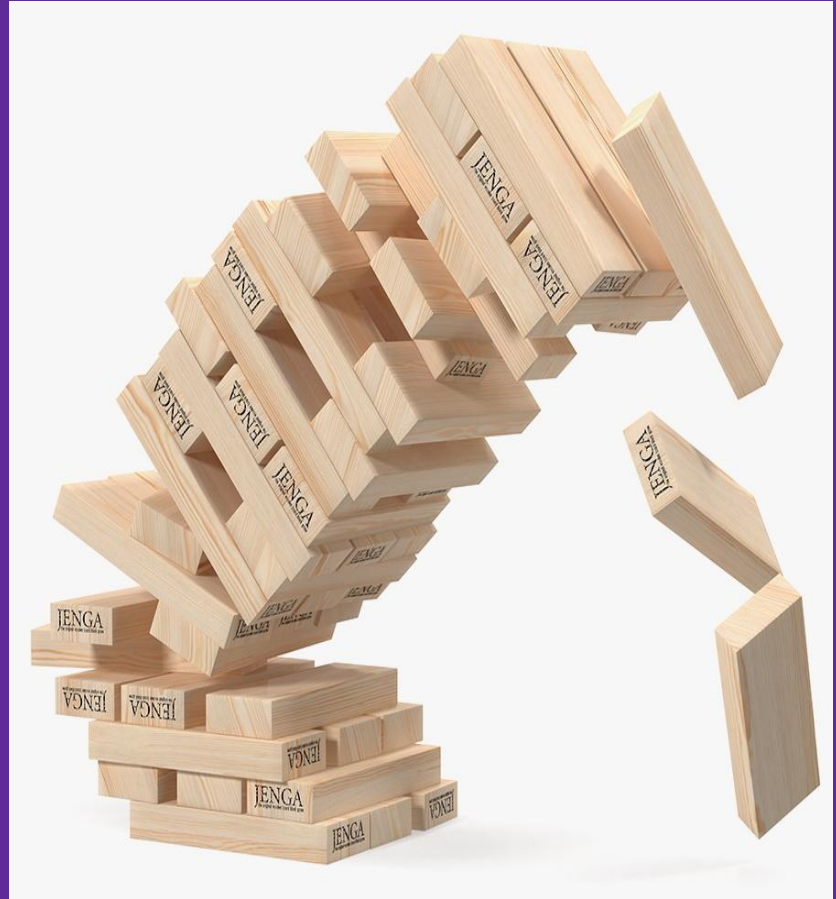
- play with chalk
- go for a walk
- try to find 10 different rocks
- take pictures of nature
- take your pet for a walk
- pick up trash



<https://youtu.be/RV5MEP3Bgkc>

Indoors

Board games, cards, music, charades, puzzles and so many more activities if you're unable to get outside. Keep your mind and body moving, even though getting outside is limited.



Meditation, Mindfulness and Mental Health

During times of uncertainty it is easy to be caught in a state of “what if.” It is important to remember our children will react how we are reacting. Be sure to guide them with facts. Give yourself permission to unplug from social media for a bit and the ongoing hysteria around the world. Websites providing information regarding COVID-19 and other mental health resources websites are listed here.

CDC

<https://www.cdc.gov/>

Lincoln County Health Department

<https://lchdmo.org/>

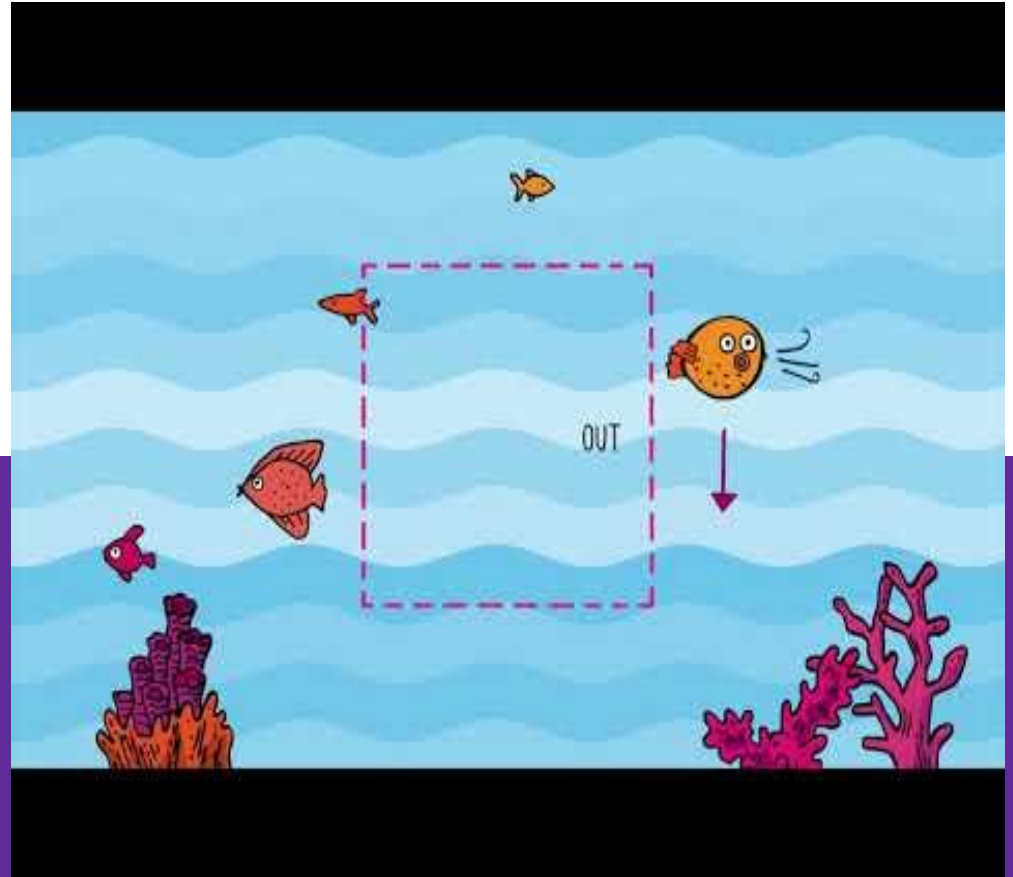
Mental Health

<https://www.mentalhealth.gov/>

NAMI

<https://www.nami.org/>

Breathing



Mindfulness and Stretching



<https://youtu.be/-6erFaJZqP4>

Additional Support

Remember, you are not alone during this time. There are potential offerings from your company's Employee Assistance Program, community outreach and beyond.

CMS - Care for Medicaid and Medicare Patients

<https://www.cms.gov/outreach-education/partner-resources/coronavirus-covid-19-partner-toolkit>

Suicide Prevention

<https://suicidepreventionlifeline.org/>

American Red Cross

<https://www.redcross.org/>

Lincoln Co R III

<https://www.troy.k12.mo.us/>



Take this time to become closer as a family and we will continue to support in anyway possible. There is not one right way to be during this time, but there are a lot of ways to make this situation better.

