

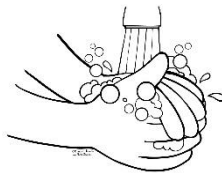
SURVIVING & THRIVING THROUGH THE PANDEMIC

Brought to you by Mara
Briere, MA , Certified
Family Life Educator

[Growastrongfamily.org](https://growastrongfamily.org)

Health

- Wash your hands frequently ...to the tune of Happy Birthday!
- Don't forget your party hat!



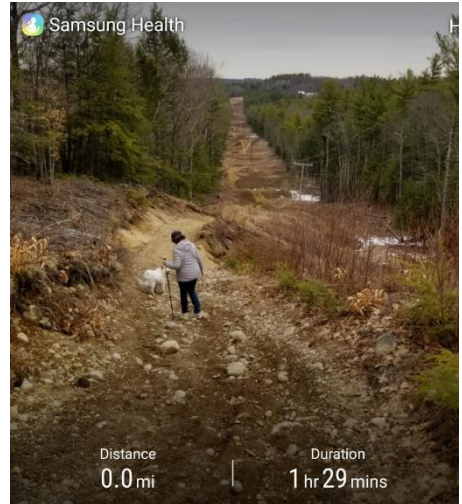
Social Distance



- Connect safely
- Space apart yet not apart from space.
- Seek connection from a distance

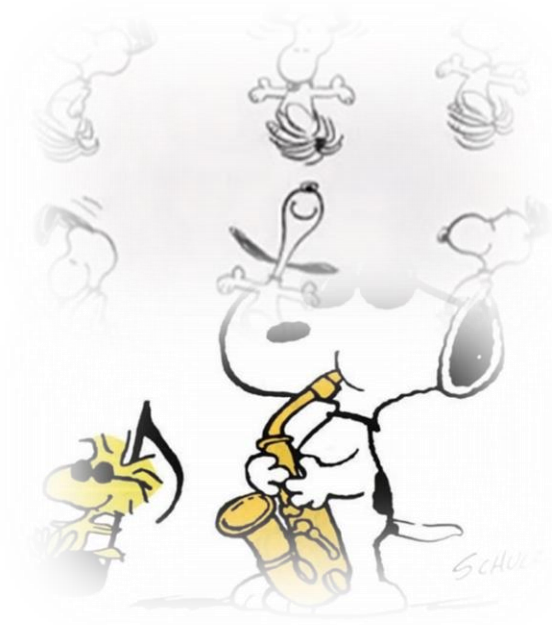
Social Distance

- Connect safely
- Space apart yet not apart from space.
- Seek connection from a distance
- Go out and walk.



Move!

- Stretch!
- Dance!
- Jump!
- Skip!
- Run!
- Hop!
- Walk!
- Slide!



The lightness of humor
gives balance to the
heaviness of adversity.
Humor offers a light in the
darkness.

When can you be so
balanced that it does not
matter what happens, you
know you have arrived a
step away from adversity.

Humor

Funny Movies: "Short Circuit," "Moonstruck," the "Blues Brothers"



Comedians: "John Pinette," "George Carlin," "Kathleen Madigan."

Musical Humor: "Victor Borge," "Stephen Lynch," "Trevor Moore"

YouTube Bits: "Saturday Night Live" "Norm MacDonald" "Robin Williams"

Joke Books by Jeff Foxworthy, Jim Gaffigan, Mike Birbiglia

Humor Ideas



Home

- Choose your work and non-work space
- Develop hours, including breaks
- Dress (although pjs are tempting)
- Go OUT whenever you can
- Get up and stretch hourly
- EAT healthy
- Add music!



Gratitude

7 Benefits:

1. Opens doors to relationships
2. Improves physical health
3. Improves psychological health
4. Enhances empathy/Reduces aggression
5. Grateful people sleep better
6. Improves self-esteem
7. Increases mental strength



What if today, we were just
grateful for everything?

**HAVE A
GRATITUDE
ATTITUDE**

Get OUT of your head.

There is an expression from Al-Anon that says, "Living in your head is the same as walking in a very dangerous neighborhood."

"Get out of your head!"



Change what your inner voice says



- When you think, “Must,” try thinking, “Prefer.”
- When you think, “Guilt,” try thinking, “Remorse.”
- When you think, “Should,” try thinking, “Choose to.”
- What are some other thoughts you have? What is the exchange?



Mind

- As you think, so shall your day be
- Consider options
- Refuse to entertain negativity
- Focus on gratitude
- You are in charge of your mind
- Affirmation: "As I think, so it is."



YOU
BELONG
RIGHT
WHERE
YOU
ARE

Mindfulness

- Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- Accept everything.
- Let everything go.
- Be like a river and just flow.



MINDFULNESS

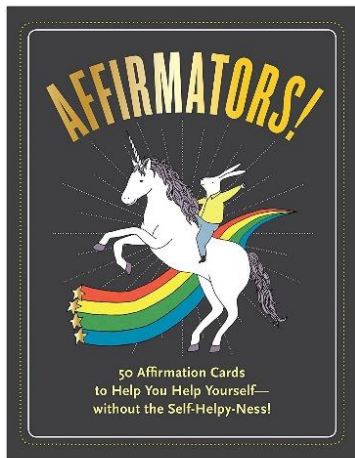


Mindfulness Activities

- Meditation
- Yoga
- Stretching
- Breathing

Mindfulness Activities

- Affirmations are positive statements made in the present tense.
- There are no limits placed on the statements.
- Best repeated frequently.
- Great to use when the mind gets too busy.
- Examples: "I am loved and accepted as I am."
- "I have everything I need."
- "My body is healthy and whole."





Adult Coloring Book

Stress Relieving *Patterns*

Copyrighted Material

Mindfulness Activities

- Focus on the picture in front of you.
- Adult Coloring is a form of meditation.
- Choose patterns and colors that inspire, soothe, and fill you with calm.

Mindfulness Activities

- Be on the lookout in the world around you
- Notice.
- Appreciate
- Thank





Mindfulness Activities

There is beauty all around.

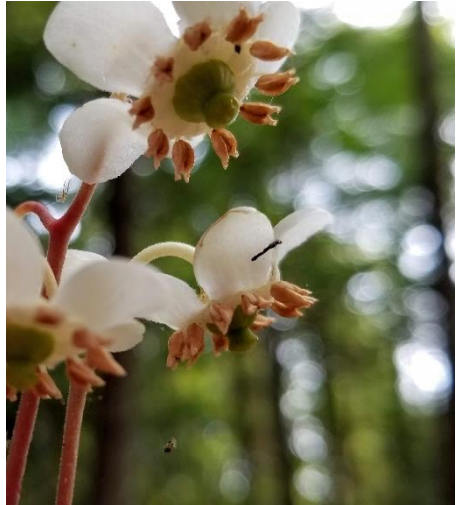
Get out everyday and notice.

Breathe deeply. In with Love.. Out with fear.

Give your thanks.

Mindfulness Activities

- There is beauty all around.
- Get out everyday and notice.
- Breathe deeply. In with Love.. Out with fear.
- Give your thanks.





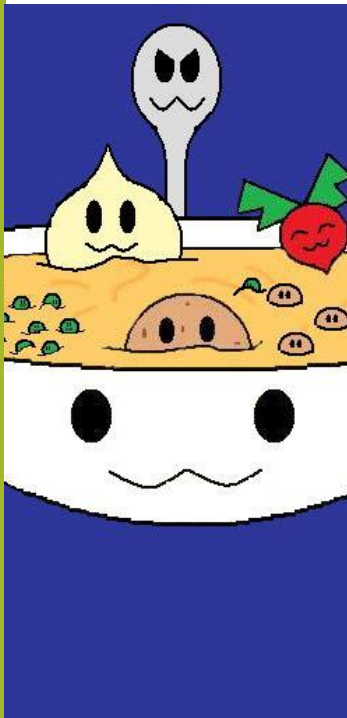
Mindfulness Activities

- There is beauty all around.
- Get out everyday and notice.
- Breathe deeply. In with Love.. Out with fear.
- Give your thanks.

Mindfulness Activities

- There is beauty all around.
- Get out everyday and notice.
- Breathe deeply. In with Love.. Out with fear.
- Give your thanks.





Focus on “CAN DO!”

- Each of us brings something unique and special to each situation we are in.
- Understand and accept that what these skills are, are likely to be different.
- Create a “can do soup of strengths” to nurture each person’s participation in overcoming adversity.

Take Good, Loving Care of Yourself.

Stick

- Stick to your "normal" routines as much as you can

Eat and drink

- Eat and drink in moderation

Plan on

- Plan on exercise; build in "nature" time.

Make

- Make sure you have a Plan B and a Plan C in place for the unexpected

Keep

- Keep music that you love on hand and listen to it when needing to

Prioritize

- Prioritize your time, activities, and commitments (do what you want to and can)

Take

- Take good, loving care of yourself!

**SOCIAL
DISTANCE IS
NOT SOCIAL
ISOLATION**

Offer

Offer to
shop and
"leave
unattended"

Arrange

Arrange
check-in's

Create

Create an
email thread
of groups
you are a
part of

Surprise

Surprise
others
through
online gift
giving

Support

Support
local
business

Ask, "How can I connect?"



**OFFER TO SHOP...LEAVE
UNATTENDED.**



ARRANGE TO CHECK IN

Send Emails To

sales@yoursmail.com, sup

Email Sender

Custom Email 2

mail Template

Contact Form (Default)

Email template chosen based on
"Default" option is selected.

EMAIL THREAD



HOW ELSE CAN
YOU CONNECT
WHILE SOCIAL
DISTANCING?



ARRANGE TO CHECK IN

THE SERENITY PRAYER



Grant me Serenity to
Accept the things I
cannot change,
Courage to Change the
things I can, and
Wisdom to know the
difference.

Byron Katie: <http://www.byronkatie.com/>

SARK: <http://planetsark.com/about-sark/>

Sheri McGregor: <http://www.rejectedparents.net/about-helping-parents-of-estranged-adult-children/>

Melodie Beattie: <http://melodybeattie.com/>

Toni Bernhard: <http://www.tonibernhard.com/>

Mindfulness Meditation: <http://marc.ucla.edu/body.cfm?id=22>

Adult Coloring: <http://www.the-open-mind.com/29-printable-mandala-abstract-colouring-pages-for-meditation-stress-relief/>

Helpful Resources





Disclaimer

Take what you like and leave the rest.

We are not responsible for how the content or the presentation is used. Viewers agree to hold harmless Grow A Strong Family, Inc., its staff and board of directors from any liability, loss, claim, cost or damage of any nature whatsoever which may arise from viewing or listening to the presentation.



About Grow A Strong Family, Inc.

GASF is a social service agency which provides customized family life education services to families uprooted by mental illness.

Our primary mission is to offer a comprehensive menu of evidence-informed services to improve the health and wellbeing of our clients including but not limited to:

- ▶ *Coaching services*
- ▶ *Skills-based seminars/webinars/support group*
- ▶ *Pet Therapy*
- ▶ *Social Media presence on Facebook*
- ▶ *Maintaining and updating our GASF webpage including providing free educational Blogs & Resources*
- ▶ *Collaborating with community-based agencies*

