



It's
spring!

Time to cleanse, rejuvenate, and refresh!

The ADAMHS Board is responsible for planning, evaluating, monitoring, and funding services available for Lake County residents who are dealing with mental illness and/or addiction disorders. Learn more at www.HelpThatWorks.us.



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Helping your kids during this confusing time

Kids of all ages have been impacted by this pandemic. Here are some tips to help children who may be wrestling with stress and anxiety as they transition from school to summer.

Routines translate to security. Stick to the schedule you used during the school year, tweaking where it makes sense for you and your household.

Schedule virtual time. Virtual play time (video games, appropriate social media, etc.) and virtual social interaction with others will help your children feel connected.

Ask your children how they are feeling. Use open-ended questions. Examples: **What made you laugh today? What frightens you? What three words describe you best?**

Be empathetic. Acknowledge and validate the feelings your children are having. This will teach them that their feelings are normal and that having emotions is not wrong. Example: **I see you're upset about not being able to go to your friend's house. Let's find a different way to spend time with that friend.**

Problem-solve together. If you can't solve the issue at hand, provide support and reassurance. Think positively with your child.

Eliminate the fear of the unknown Create plans for transitioning and trying new things. Kids are looking to you for guidance.

Take breaks with your children. An unending barrage of news, serious talk, and being in one area can start to wear kids out. Go to the other side of the room, go to a different room, Be silly, relax, or meditate.

Go outside! The weather is never bad, but sometimes our outerwear is. So make sure you and yours are wrapped up accordingly!

Keep in mind that your words and actions are serving as an example for your children. Wear a face covering and practice social distancing when you go out. Remind them that these actions not only protect them, but also protect family, friends, and people they don't know. For Center for Disease Control guidelines on helping prevent infection and slow the spread of COVID19 visit [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

If you need more help, our Compass Line is a great place to start. Call 350-2000 or 918-2000 (both 440) for free, confidential guidance.



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Dealing with spring stressors

Spring stressors can include: Pressure to meet up with friends and family, overbooking, the unknown, becoming ill from COVID-19, transitioning back to work, and figuring out how you and your family will be social come summertime. Here are some ideas to help.

Enforce your boundaries. One of the healthiest things we can do for ourselves is to create and enforce boundaries. When you start to feel tired or uncomfortable, or if an action/situation doesn't align with your values, it's okay—and healthy—to say no.

Give yourself permission to choose you. This is your life. Prioritize your well-being and your physical and mental health. Happiness will follow.

If you need help, find help. It's perfectly fine to discover that you can't do it all, And it's also perfectly fine to ask for help if you need it. **Our Compass Line is a great place to start. Call 350-2000 or 918-2000 (both 440) for free, confidential guidance.**

Set short term goals and reward yourself! Don't always wait until you're all the way through your to-do list before you treat yourself to a cookie!

Keep a schedule. This may look different from season to season, especially with time changes. If you find a schedule isn't working for you, switch it up. Nothing is set in stone, and you have the power and ability to create a structure that's best for you and your household.

Continue healthy hobbies. Or, add some new ones! The key word here is "healthy".

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Daily Practice Techniques



“All that we are is the result of what we have thought. The mind is everything. What we think is what we become.”

Buddha

Practice Gratitude. When we make a conscious effort to acknowledge the good we have and the positive roles people play in our lives, we can begin to be more satisfied and fulfilled. This will also help you accept how our day-to-day lives have changed due to the pandemic.

Get enough sleep. Science shows that sleep deprivation leads to a variety of health issues. When we sleep well, we feel better!

Be kind. Lift yourself up. Lift up your loved ones, your friends, your community members. Speaking kindly and authentically to yourself and others leads to a less cloudy mindset, more optimism, and more courage to handle tough situations.

Accept. Accept what you cannot change and find ways to bring out your best self. Be creative. Allow yourself a good giggle now and then. Practicing acceptance helps introduce a new space/activity/relationship into your life. Set new expectations and let go of the old ones.

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Coping Techniques

There are strategies that can help you better understand and cope with issues you may be experiencing. Here are some good ones.

Breathing techniques These techniques can lead to a calm, relaxed state to help you think more clearly and feel less stressed or anxious. Slowly inhale while imagining a steady energy, and then slowly exhale while thinking about a grounding breath. Try to do this two to four times a day so that the action becomes habitual.

Grounding exercises When you begin to feel overwhelmed, try a grounding exercise. Stop what you're doing and concentrate on identifying five items in your environment by using your senses. Look at something near you. Inhale and notice what the air smells like. See what you can taste. Touch something. Listen to the noises around you. Note what each sense is experiencing.

Reflection Review meaningful events—big or small—that happened during your day. How did you feel? What emotions came up? Why did you feel this way? What can you do differently next time to feel less negative or more positive? Journaling and/or talking with a therapist can help you accomplish this mission.

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Fun spring activities!

Spring is always a great time of year to have some fun! Here are some suggestions but we bet you can also come up with some ideas of your own!

Plant a garden. Indoors or out; small or big! How about an herb garden in your kitchen? Or a raised-bed veggie garden in your yard? Don't forget to include your family members in the planning and the planting!

Set a "move goal" for yourself. Regular exercise, workouts or brisk walks, will help you gain energy and maintain your physical and mental health.

Do a scavenger hunt with your kids! Ten minutes: Find something hard, something blue, something that smells nice, and something fuzzy.

Utilize Lake Metroparks! Lake Metroparks has an amazing array of interesting and beautiful parks. Learn more at lakemetroparks.com.

Fly a kite! Or toss a frisbee around with your kids!

Go star gazing! The night sky can be soooo relaxing to look at. Plus it will help you keep things in perspective.

Visit farmers' markets! Learn more about what you can buy from local farmers instead of from grocery stores.

Sidewalk chalk! Get some friendly competition going in your neighborhood!



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If you're in recovery....

Being in recovery is challenging enough without the stress that this pandemic brings to the table. Here are some strategies to help keep you focused on what's important.

Put yourself and your recovery first. Don't allow anything get in front of this on your priority list.

Create a plan. Know in advance that you're going to be more distracted than usual and that your triggers are going to try their best to tempt you. Have a plan. Be ready.

Get support. If you're in recovery you likely already know how important support can be. So be sure you have people you can count on if the going gets tough.

Have a mantra. You may already have one. If not, create one. Either way, repeat it often.

Continue your treatment. It's very important that you continue your recovery treatment. During the pandemic the format may switch from in-person to virtual. That's okay. You can't afford to let this slide right now.

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Older adults

This pandemic has been especially tough on older adults. Many are struggling with isolation and uncertainties. It's vital that we help them know they're not forgotten and that they are valued.

Phone calls. Call the older adults in your life regularly to check in and reassure them.

Virtual meetings. If older adults in your life are tech-savvy consider using things like Zoom or FaceTime to stay in touch. Bonus: this will let them see people and things that they're probably missing.

Visits through windows or storm doors. It's face-to-face and it's safe. Just don't be tempted to let your guard down and go inside even if it's "just for a minute".

Outdoor walks and chats. Even if they're short, they matter. Remember to keep a safe distance from each other.

Letters and photos. Mailing letters and photos will give the older adults in your life the opportunity to remind themselves of how much they enjoy people, places, and things, and how much they look forward to reconnecting with those.

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Available resources

If you or someone you care about is struggling with fear, anxiety, or sadness please reach out for help. All of these resources are free and confidential.

Need help NOW?

Lake County **CRISIS SERVICES**
CRISIS & SUICIDE INTERVENTION HOTLINE



Crossroads Health
Restoring hope
Healing lives
Preserving futures

Offering 24/7 Help with
Urgent Mental Issues

Call 24/7 **440-953-TALK**
440-953-8255

If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Embarrassed—Hopeless—Guilt—Like you want to hurt yourself—Withdrawn—Helpless—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilt—Like you want to hurt yourself—Withdrawn—Helpless—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilt—Like you want to hurt yourself—Withdrawn—Helpless—Unhappy—Empty—or just need to talk to someone. If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilt—Like you want to hurt yourself—Withdrawn—Helpless—Unhappy—Empty—or just need to talk to someone.

CRISIS TEXT LINE |

Text 4hope to 741 741

NATIONAL

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Less urgency?

Depressed? Overwhelmed? Drinking too much? Family violence? Drug abuse?

THE COMPASS LINE
Helping you find the right direction.



Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board

(440) **918-2000** or
(440) **350-2000**
compassline@lakeadamhs.org



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