

CREATING HAPPINESS DURING THE PANDEMIC!

*You are braver than you believe, stronger than you seem, smarter than you think,
and loved more than you'll ever know...A.A. Milne*

WHAT TO KNOW!

- ❖ During this pandemic, it is absolutely normal to feel stress, anxiety, anger, grief, and guilt
- ❖ Taking care of your emotional health is as important as taking care of your physical health
- ❖ Typical pandemic reactions include:
 - ❖ Feelings of fear, anger, frustration, isolation, depression
 - ❖ Changes in sleep patterns including nightmares, restlessness, insomnia
 - ❖ Cognitive changes including difficulty making decisions
 - ❖ Decrease in energy levels and feeling unmotivated to do anything
 - ❖ Increase in drinking, getting high, smoking, gambling, arguing
 - ❖ Increase in guilt due to doing better than others or not doing as well as others
- ❖ Overcoming these feelings and changes in order to find happiness involves changing the way you perceive your world and ultimately your own self-talk
- ❖ You may not be able to fight the spread of the virus but you can fight the lethargy, depression, anxiety, and anger; it takes determination and desire

WHAT TO DO!

- ❖ Be more patient and understanding of others; everyone is going through this difficult time
- ❖ Think positively as it will strengthen your immune system
- ❖ Look at what you have already experienced and what you do have and not what you don't
- ❖ Give gratitude for what you have and for coming this far
- ❖ Strengthen your relationships through increased communication and mutual activities
- ❖ Take care of your physical health by eating good nutritious meals, walking or exercising regularly, and getting enough sleep every night
- ❖ Try to keep to a regular daily schedule that includes favorite activities and make sure to take breaks to unwind
- ❖ Decluttering your home and making your bed will give you a sense of control in your life
- ❖ Get your news from reliable sources understanding that there is a lot of misinformation and rumors that don't actually happen. Always check your sources.
- ❖ While getting news is important, avoid too much exposure to the news as it can be upsetting, worrisome, repetitive, and biased
- ❖ Stay in contact with others as loneliness is a strong emotion during this time and connecting with friends and family will actually strengthen you and them
- ❖ Learn and practice mindfulness, yoga, deep breathing, stretching, meditation drawing, painting, playing an instrument
- ❖ Seek professional help as tolerating the pandemic is difficult emotionally

WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067