

Pelcovitz Pointers*

Maintaining balance under Covid

SELF CARE

1. Accept your feelings; allow yourself to be anxious, depressed, angry. Cry!
2. Talk about your feelings; 'name the monster'
3. Take breaks! Keep a consistent schedule eg times for meals, bedtime, exercise
4. Let go – Hashem has a plan
5. Minimize exposure to media
6. Think of 3 things you're grateful for before going to sleep
7. Smile for 7 seconds
8. Set aside face to face time with people you care about who care about you (via eg Zoom or FaceTime)

PARENTING

1. Create family meeting at a specified time. Ask: what's your understanding of what's going on? Encourage questions and validate feelings
2. Express feelings in art, writing, or music
3. Check back with children when/as situation changes
4. Promote visual time with educators, friends, family
5. Require chores and chesed eg helping with younger kids
6. Promulgate hope – this will end, we are in this together!

*AS ALWAYS, RELIEF** IS HERE TO HELP!*
818-655-0032 DBERMAN@RELIEFHELP.ORG

*These pointers were taken from a presentation Dr. Pelcovitz gave for Relief <https://www.reliefhelp.org/covid/>

**Relief is a free mental health referral organization for frum Jews