

Humble yourselves, therefore, under GOD's might hand that HE may lift you up in due time. Cast all your anxiety on Him for He cares for you. 1 Peter 5:6&7. Remember: We will never be grateful until we are content with what we have, and we will never be content until we have learned to trust God and His care for us.
Tom & Kim Roniger

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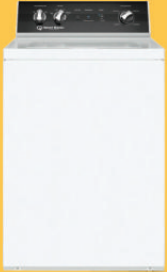
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HAVING FEARS AND ANXIETY ABOUT CONTRACTING COVID AND OTHER ILLNESSES?

HERE ARE WAYS YOU CAN COPE:

Recent research has suggested that the Pandemic has brought on a new wave of anxiety and depression that has been called Covid Anxiety. If you're experiencing coronavirus, flu, respiratory or other illness anxiety and are fearful of leaving your home to go to the store or visit a friend, or to carry out your usual daily activities, then this article may help you manage your symptoms. These anxiety symptoms can include: worry, fatigue, fear, panic, restlessness, sleep disturbance, appetite change, and withdrawing from others.

SOME COPING STRATEGIES ARE:

- Connect with others and talk about your fears and feelings.
- Moderate media exposure. Some experts suggest no more than half an hour a day.
- Be responsible and recognize that you control your decisions. Examples of areas you control are: what you buy, what you eat, where you go, who you see, and how you spend your time.
- Engage in activities to disrupt worry to include, hobbies, social interactions, interpersonal engagements, home care tasks, community involvement.
- Be Mindful. Practicing mindfulness teaches you how to pay attention to the here and now and to recognize your own thoughts and feelings. In doing this practice you are able to reduce emotional distress. Look up mindfulness for numerous teachings to learn at home.
- Do relaxation techniques, such as yoga, breathing exercises, movement of any kind, and meditation.
 - Declutter your house and clean. Call and have someone come by and take your clutter to a donation center of your choice.
 - Take care of your body by taking medications as prescribed, eat healthily, hydrate appropriately –limiting caffeine and alcohol, establish a satisfying sleep routine with feeling refreshed in the morning, and keep up with your personal hygiene.
- Laugh and smile every day.
- Seek professional help if difficulties persist.

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Long Term Care

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