

The following is a summary of the webinar presented on May 20, 2020, by Melissa Harrison, MA, LPC, of *Minding Your Mind*, titled “COVID-19: Managing Our Mental Health During These Uncertain Times.” This webinar was sponsored by The Consortium of the Berkeley Heights, Chatham, Millburn, New Providence and Summit School Districts. Mr. Robert Segear, Student Assistance Counselor for the Berkeley Heights Public Schools, supplied this report:

Practice Physical Distancing Not Social Distancing

- Physical distancing doesn't mean emotional distancing; use technology to connect.
- Set clear routines and schedules, seven days a week.
- Exercise and engage in physical activity, daily if possible.
- Learning and intellectual engagement - read books or magazines.
- Positive family time - working to counter negativity.
- Alone time, outside if possible; but remember don't isolate.
- Focused meditation and relaxation.
- Remember the things that you really enjoy doing and find a way to do them.
- Limit exposure to TV and internet NEWS. Set a time to shut it off.
- Bathe daily, treat yourself like you have worth.

Managing Change in Your Home Life

- Reassure your children/family that they are safe.
- Talk about the coronavirus outbreak and what is going on.
- Share stress relievers.
- Try to keep regular routines.
- Create a learning space for homework.
- Plan daily fun activities.
- Be a role model for your kids and family.
- Take breaks, get plenty of sleep, exercise and eat well.
- Connect with your family and friends and encourage your family members to do so as well.

Working from Home Best Practices

- Try your best to stick to your schedule and routine.
- Establish times when you are available.
- Dress for success; this improves your performance.
- Set up a workspace away from the home family space.
- Stay connected with your colleagues.
- Find ways to disengage from work.
- Build in quality personal time as a boundary.