

CHARBONNEAU COUNTRY CLUB EMERGENCY PREPAREDNESS COMMITTEE  
NEIGHBOR CARE BULLETIN  
03/24/2020

**Take care of your mental health!!**

Closure of the Clubhouse has taken away opportunities for exercise, yoga, card games, painting and other social activities which have been an important social connection for Charbonneau residents. Here are some recommendations from the CDC to stay healthy emotionally.

It is natural to feel stress, anxiety, grief, and worry during a very abnormal situation like the one we are now experiencing. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

**Take the following steps to cope with a disaster:**

- **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about [wellness strategiesexternal icon](#) for mental health.
- **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**– If you or someone you know is feeling overwhelmed, anxious or fearful, please know that you don't have to go through this alone. [SAMHSA's Disaster Distress Helpline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call SAMHSA's Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746 to speak to a trained crisis counselor.

**Video Chatting:** Need some face time with others? There are several websites that offer ways to video chat with family or friends. Two of the most popular are:

**ZOOM:** <https://zoom.us/> Service is free for most applications, especially for video chatting. This is a link to a Youtube video on how to use Zoom: <https://www.youtube.com/watch?v=fMUxzrgZvZQ>

**SKYPE:** <https://www.skype.com/en/> There is a free version. Here is a Youtube video on how to use: <https://www.youtube.com/watch?v=NRcb3uB3Jac&t=61s>