

Goodhue County Education Center

COVID 19 Resources

2021: Your Year of Healing



Resilient option - A free daily program offering and insight and suggested practice for the day. Here is an example:

Insight: Think of what made you happy before you got busy with life. It'll give you an idea of how to be happy again.

Suggested Practice: Try and recall a few simple things that made you happy as a child.

Audio file link: (60 - 90 seconds) - <https://www.resilientoption.com/>

UNITED WAY OF GOODHUE, WABASHA AND PIERCE COUNTIES

<https://www.uw-gwp.org/wp-content/uploads/2015/06/Peoples>

Pamphlet-Final-2017.pdf



Goodhue County Health and Human Services - 651- 385 - 3200

Pierce County Department of Human Services - 715 - 273 - 6755

Wabasha County Social Services - 651 - 565 - 3351

Included in the above website are resources for:

~ Child and Youth Services ~ Food ~ Financial ~ Disabilities ~ Health ~ Mental Health ~ Transportation ~ Used Furniture and Clothing ~ Housing ~ Senior Services ~ Victim Assistance

Coronavirus Has Upended Our World. It's OK To Grieve

<https://khn.org/news/coronavirus-has-upended-our-world-its-ok-to-grieve/>

Recognize our Losses Four Ways To Honor Your Grief
Social connections Bear witness and communicate Habits and habitat Write, create, express

Assumptions and security Meditate
Trust in our systems Be open to joy
Sympathy for others' losses



SELF CARE STARTS HERE: how to use the REST acronym

Taken from bouncebackparenting.com

REST: This acronym starts with the most important item: resting. Get sleep. Take a nap if you need to. If you can't sleep now, be gentle with yourself and make a sleep a priority ASAP.

- Rehydrate** – get a drink of water. If you don't like plain water add a slice of lemon or berries, drink herbal tea or fizzy water.
- Eat Something** – Have you had something to eat in the past 4 hours? Grab a snack that will help balance your blood sugar – think protein plus fiber.
- Step Outside** – Emotion follows motion. Are you in a funk? Try going on a quick walk, or at least step outside and look at the sky. Rest your eyes on the horizon.
- Talk to Someone** – We are not meant to do this all alone. Reach out to a friend or to a supportive group online.

World Health Organization
Coping with stress during the 2019-nCoV outbreak

- It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.