



## **COPING IN CRISIS** *Staying well with ISK*

# Week of April 13: Caring For Yourself While Physically Distancing

### **FROM MENTAL HEALTH FIRST AID USA:**

[How to Care for Yourself While Practicing Physical Distancing](#) (Blog Post)

### **FROM SAMHSA:**

[Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#) (4-page PDF)

[How To Cope With Sheltering in Place](#) (3-Page PDF)

### **FROM MENTAL HEALTH AMERICA:**

[Building Resiliency to Isolation & Loneliness: How to Increase Our Resiliency During the COVID-19 Crisis](#) (Pre-Recorded Webinar)

[Information on COVID-19 for Survivors, Communities, and DV/SA Programs](#) (Webpage with Resource Links) People who are surviving violence may be experiencing increased isolation and danger caused by social distancing measures. Futures Without Violence curated these resources for survivors and communities.

[Older Adults & Isolation During COVID-19](#) (Pre-Recorded Webinar)

### **FROM NAMI:**

[COVID-19 Resource and Information Guide](#) (22-Page PDF)

- Page 9: I'm working from home and feel disconnected from my routines. What can I do?
- Page 10: I feel isolated and lonely. How can I find connection while quarantined or at home?

## **FROM CDC:**

[Stress and Coping](#) (Webpage)

## **OTHER:**

[“Thrive With Your Family”](#) from C.S. Mott and Michigan Medicine (Video Series) Runs on Tuesdays beginning April 14.

## **VIDEOS BY ISK STAFF:**

### [10-Minute Workout with ISK’s Charles Hanks](#)

*#StayStrong with ISK's Charles Hanks, an InSHAPE Health Mentor with a degree in exercise science. Here's a 10-minute at-home workout using only a dumbbell (or milk jugs, canned goods, water bottles, etc. for weight), a mat and a Can-Do attitude!*

### [Home Cooking for Whole Health, with ISK's Cortney Afton](#)

*Cortney Afton, ISK's registered dietitian and nutrition care coordinator, is creating videos to help people prepare simple, healthy dishes with easily accessible ingredients. Here, Cortney shows how to cook a quick & healthy green bean dish that works as a snack or a side!*

Visit the ISK [Facebook page](#) for more tips.

**Have a great week and stay well!**