



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

MORALE BOOSTING

I think we can all agree that the last few weeks have been strange - to say the least. Many employees are working from home, and many are still

working in our offices, "holding down the fort." To boost morale in

many of our locations staff have decided to think of

different ideas to keep things positive and help each other out. In the Sterling clinic, Office Coordinator Ally, has been following Pam's direction and has been purchasing apples and snacks

for the breakroom. She's so creative! The clinic has also hung some wall art to brighten everything up a bit.



MENTORS DELIVER CARE PACKAGES



The Mentors in the Sterling office have been putting together care packages for all their little mentees that they've not been able to see in person for weeks. One of the Mentors remarked that the children are really enjoying their surprises and that even their little siblings have been running out of their houses, unknowing of the social distancing to greet them. This week they

delivered little packages and Easter cards.

CONNECTING AT A DISTANCE

The ECMH team met via Zoom and are wearing their "Stand Up for Children" shirts in honor of Child Abuse Prevention Month.



REMEMBER SELF CARE

Millions of people across the country are facing the same worries and challenges that you are. During this time, it is important to remember that it's OK to not be OK. It's also important to take care of your mental health. While practicing physical distancing, there are easy self-care strategies that can help reduce feelings of depression and anxiety, or prevent anxiety before it even starts.

Use these tips from the MHFA curriculum to take care of your mental health while practicing physical distancing.

1. Eat healthfully to keep your body in top working order. Exercise reduces symptoms of depression and anxiety, whether we're working out at home or taking a solo jog around the neighborhood.
2. Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
3. Let light in. For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.
4. Be kind to yourself! Treat yourself with the same compassion you would a friend.
5. Stay connected. Even if you can't get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you're feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members about their feelings. We are all experiencing this scary and uncertain time together.
6. Monitor media consumption. While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music. Self-care doesn't require you to go outside or spend a lot of money. Adding small changes to your routine can make a big difference to your overall mood and well-being.