

# ENGAGE



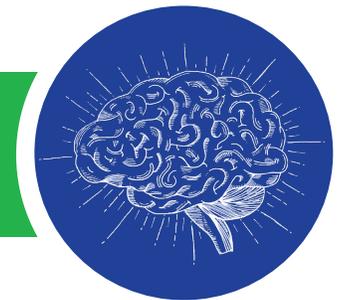
During these challenging times of physical distancing it is important to **engage** with others virtually (Zoom, FaceTime, etc.). Call loved ones on the phone, send friends a card letting them know you miss them. If corona virus concerns are overwhelming you or someone you know, engage with Peace River Center's expanded Crisis Line. Now offering emotional support, this free service is available 24-hours a day by calling (863) 519-3744. Just because we cannot be physically near our loved ones and friends, doesn't mean we cannot engage with them. **Engage frequently.**

# RESTORE



This pandemic has altered social norms and routines; we've faced unprecedented challenges and had to quickly adapt. Many find themselves overwhelmed with anxiety at new situations. That's why it's important to **restore** your routine as much as possible. Wake up at a normal time, put on your work clothes, and try to help your family follow a regular, though perhaps modified, routine. Consistency is key during times of uncertainty so control what you can such as your sleep and eating habits. While you may have to adapt schedules while working remotely or completing virtual school with your children, try to build in routine by eating meals at the same time each day, taking time to exercise or enjoy a walk around the house or neighborhood, while practicing physical distancing with neighbors. **Restore your routine (or a new, improved one) as much as possible.**

# EMPOWER



If we **empower** ourselves with knowledge of community resources such as the expanded Crisis Line, we can make certain that we have the tools to help ourselves and others during this challenging time. It may take more work, but we have the power to choose to be positive, limit our news exposure, stick to reliable resources such as the CDC, and develop new habits such as meditation or incorporate fun family activities such as game nights. If you need more tools to **feel empowered** during this uncertain time, please visit Peace River Center's COVID-19 Mental Health Resources page: <https://www.peacrivercenter.org/covid19-resources/>.

[www.peacrivercenter.org/covid19-resources](https://www.peacrivercenter.org/covid19-resources)

**PRC's Expanded Crisis Line for Emotional Support (863) 519-3744**