



### Virtual Workshops:

We are wondering if there is an interest in virtual workshops. If so, please let us know what topics you'd be interested in. Please contact Sabrina Trobak at [strobak.thc@gmail.com](mailto:strobak.thc@gmail.com)

### WEBSITE

CHECK OUT OUR NEW WEBSITE!!

Check out our website at [www.trobakholistic.org](http://www.trobakholistic.org)

**TROBAK HOLISTIC COUNSELLING IS NOW ON INSTAGRAM!!** follow us at:



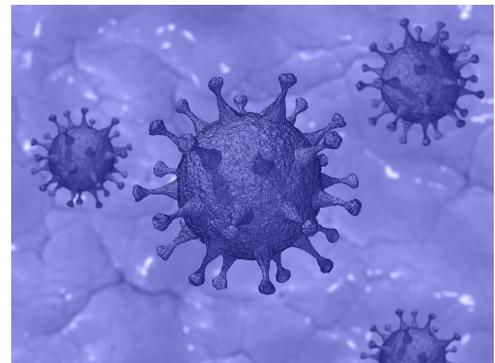
## COVID 19

So, covid19.... Part of me thought about doing this newsletter about anything but covid19 to give people a break from it but then decided to go with covid19 and hopefully provide some support in helping people cope with the current situation around covid19.

### The Impact on Your Coping Strategies.

Cope strategies are vital for our daily living. They are anything we do that help us get through the day. For most of us, we have a few main coping strategies we use and then usually several others that are significant as well. If these coping strategies are removed, people generally feel an increase in anxiety and stress. Often this increase can be very significant, especially if it was a major coping strategy that was used a great deal.

Covid19 has disrupted a lot of major coping strategies for a lot of people. Strategies like work, being busy, friendships, activities and taking breaks from our family have been taken away from a lot of people resulting in increased stress. With these coping strategies removed it is important to try to be conscious of how you are handling the loss of these and what you are doing to replace these strategies. We use strategies in healthy and unhealthy ways depending on a person's core belief..



If your core belief is not good enough, not important, not valued, you will be more likely to use coping strategies in unhealthy ways. If your core belief is good enough, important, valued you will likely use more healthy coping strategies.

It is important to try to manage this so you are using strategies in more healthy ways than unhealthy ways.

An example of this would be alcohol. If you're having a drink once in a while, it is likely a healthy coping strategy but if you're drinking excessively on a regular basis it is likely more of an unhealthy strategy.

Taking a break is another really important strategy. We need breaks. With covid19 people aren't able to take the breaks they usually do. Now people are around their family 24/7, which for most is not the norm. This creates a great deal of stress as we don't get time away from others in our family.



Go for a walk by yourself, spend time in your room reading alone, maybe send your family for a walk and spend time in your home alone. Try to let everyone in your family take their own breaks. Breathing on breaks is a great idea too.

## Predictability

Predictability is also really important in managing stress and anxiety. The brain likes predictability and the more predictable something is, the more we feel like we can handle it, thus reducing anxiety. With covid19 the future is very unpredictable. We don't know how long this is going to last or even how things may change from day to day. Creating some predictability into your daily routine can help with this. Create a schedule of what the day will look like, plan meals a few days in advance, plan activities etc for the next few days or a week. This predictability will help reduce stress and also makes us feel like we have some control over the situation. Loss of control also creates a lot of anxiety.

Looking forward to something is also very important. We often have things to look forward to, Fridays or a day off, going to a movie, going away for the weekend, a planned vacation. All these give us something to look forward to, which helps us get through the day. Not having things to look forward to can also create anxiety and even depression. Plan special activities every week that gives everyone in your home something to look forward to. Maybe it is a family game night with home made pizza, or a nice meal for you and your partner. Be creative, make it whatever works for you but make it something that is out of the normal daily routine, something special, something that you can look forward to.

## We are here to support the community

Our Facebook page and Instagram account will have weekly social/emotional activities for kids during covid19.

Sabrina will give a video message every week on the City of FSJ Facebook page with tips to help cope with covid19.

We are also organizing a Seniors, We Wish You Well parade every second Wednesday starting April 15, 2020 at 2:00. See our Facebook page for details.

You can also call our office if you or someone you know is struggling and looking for support.