



Public Safety Psychological Services

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Staying Sane In Insane Times - Issue #7

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4 Northwest or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “**P**”

Breathe. This week, our focus is on breathing. **Take a moment to consider your breath.** It is short, long, deep, constricted? *Take some time to read about tactical breathing or look up “alternate nostril breathing.”* Both techniques are beneficial in reducing stress and anxiety.

Challenge: Spend 5 minutes every day this week paying attention to your breathing. Try a guided meditation or a breathing exercise.

Intellectual Health – the “**I**”

- **Read or listen to something about developing resiliency.** The goal of this wellness flyer is, ultimately, to help develop resiliency. So, go back through some of the past weeks to review some of the ideas. **But also do your own search for speakers or authors that you enjoy who speak about the development of resiliency.** One tenet of building resilience is to review what has gone well and what hasn’t. We have been in this state of emergency for just over two months. **Take some time to review what has gone well for you and what hasn’t.**

Goal: Review the last two months. What has gone well? _____ What hasn’t? _____. Celebrate your successes and use some of the challenges for areas of growth.

Emotional Health – the “**E**”

1. **Give yourself permission to take some time off.** *This does not necessarily have to be actual time off, but “mental time off”.* Last week, I suggested taking a break from aggressive physical exercise. This week, give your brain and your emotions a “vacation” from anything that is not truly urgent. **Give yourself permission to not worry about all of this for a few days.** When you find yourself starting to worry or feel down, write down the feeling and put the piece of paper in an envelope or jar until the next day.

Challenge: I will allow myself to take a “mental health day.” If possible, I will do something fun, like _____ on that day.

Spiritual Health – the “**S**”

1. **Pick an everyday activity to practice mindfulness. Choose an everyday activity to use as your few minutes to be completely in the moment.** During the time you are engaging in that activity, be completely present and focus on that activity, engaging all your senses. *What do you see? What do you hear? What do you feel? What do you smell and/or taste?* Examples: Doing the dishes, getting dressed, walking the dog, drinking your morning coffee, etc.

Goal: This week I will choose _____ as my daily mindfulness activity.

“Hope is the most powerful force in the universe.” ~ William H. McRaven



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Staying Sane In Insane Times –“PIES” for Kids and Teens #6

During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4 Northwest or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – “P”

1. **Stretch!!!** This week, we are going to focus on stretching. Whether they are verbalizing their feelings or not, **many kids are experiencing stress which makes their muscles tense and tight.** Some may have problems sleeping or wake up with sore teeth due to nighttime teeth grinding or jaw clenching. Find an online stretching or yoga class. A site I recommend is Cosmic Kids – lots of free content. Many local yoga studios are also offering free or reduced costs online classes. You can find stretches and poses that are great for waking up and some that can assist with getting ready to sleep.

Intellectual Health – “I

- **Time to think about Summer!** School will be out soon and while summer may not our “usual” summer, we can still plan for fun. Is there a virtual summer camp that might be of interest? Projects around the house or yard that the kids can help with? **I encourage you to use the word “unusual” instead of “not normal” or “abnormal” when discussing plans for summer.**
- **Have an age-appropriate conversation with your kids about the virus.** Knowledge really is power and kids of all ages will feel more of a sense of control if they have age-appropriate information. Check out the following for some great ideas on how to have these conversations. <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Emotional Health – “E”

- **Check in with your Kids this week.** Most of us are now heading into week 9 of being mostly at home. **Set aside 10 minutes for each child to have your undivided attention. Ask them open ended questions,** like “Tell me some of your feelings”. “What do you really miss about the way things were before? What do you like better now? What could we do together that would be special for you?”
- **Celebrate holidays and birthdays.** It is likely that most of us will have a birthday, anniversary or other special occasion celebrated in a non-typical way this year. **Engage your kids into planning for these holidays and special days.** If you know anyone graduating this year, get your kids involved in helping plan for a community or family celebration. **Make signs for the Class of 2020 or for a neighbor that has a new baby, gets married, etc.**

Spiritual Health – “S”

- **Help your child give thanks. This week, have your child write a thank you note to someone.** For little kids, have them draw a picture and ask them what they want to say to the person and help them write the words or act as their scribe. The thank you could be for a gift received, or to someone important to your child, maybe a teacher, grandparent or neighbor. **Expressing thanks for someone else is a great way to help the child feel connected to the community around them and to get out of thinking about how they might be feeling for a bit.**

Do what you can, with what you have, where you are. ~ Theodore Roosevelt