

## MENTAL WELLNESS MINISTRY

*at Our Lady of the Fields*

### COPING IN A TIME OF PANDEMIC

We find ourselves still in the midst of an extraordinary, unprecedented season. The collective trauma we're experiencing demands high levels of emotional, physical, and spiritual energy. The Mental Wellness Ministry invites all who are interested to grow in efforts to replenish this energy through unique sessions designed with pandemic needs in mind. The [30-minute Sanity Checks](#) over video are available at a discounted rate of \$10 for anyone interested in processing his/her pandemic experience, incorporating a new sense of structure and joy into daily life, or learning some effective ways to cope with pandemic stress. No formal intake is required for these sessions. Please visit our [Sanity Check Appointment Scheduler](#) to participate.

Questions? Email us at [mentalwellness.olf@gmail.com](mailto:mentalwellness.olf@gmail.com) for more information. And below, you will find some resources to help stay healthy - emotionally, physically, and spiritually - during this time.

[Daily Examen](#)

[Daily Routine](#)

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### RESOURCES DURING A TIME OF PANDEMIC

**For those who are grieving:**

[Model of Grief](#)

[What an Adult Needs for Grieving](#)

[Children's Questions](#)

[Why Rituals Help Us Mourn...and Heal](#)

[Things to Do When Grief Becomes Intense](#)

[Collaborative Grief Psalm](#)

**For those dealing with anxiety and depression:**

**Tactical Breather app:** [Apple](#) | [Google Play](#)

**Insight Timer app:** [Apple](#) | [Google Play](#)

[Controlled Breathing Log](#)

[Basic Anxiety Coping Skills](#)

[Top 10 Anxiety COVID-19 Anxiety Reduction Strategies from the Anxiety and Depression Association of America](#)

[Coping Skills utilizing Cognitive Behavior Therapy from University of Washington](#)

[31 Ways to Work on Your Wellness from Mental Health America](#)

[What Happens to Our Bodies when we Laugh from Mental Health America](#)