

AUGUST WELLNESS

STAYING CENTERED DURING TIMES OF UNCERTAINTY



Tips on being calm and finding peace are always a positive addition to well-being, especially during a time when things continue to be uncertain and unpredictable.

Here are some suggestions from Dr. Harriet Lerner on staying centered and calm:

1. *Know the facts.* Without information, anxieties are increased. Staying informed about the facts, even ones that are difficult to hear, will help you understand the situation in a more complete picture. However, it's also important to remember that not all information is accurate, and facts should come from a source that you find to be reliable.
2. *Identify the source(s) of your anxiety.* Understand that during stressful times, our initial response is “fight or flight”. Take the time to recognize if you may be stuck too far into one of these categories - either fight/blaming others or flight/cutting yourself off emotionally too much from others.
3. *Connect, connect, connect.* Human connection is much more than what “social distancing” is limiting for us right now. Social connection can be through talking, listening, sharing ideas and showing empathy. Find ways to tap into social connection with friends and family in safe ways such as phone calls, FaceTime, texting, group text messages, e-mail messages, Zoom, taking virtual classes together, and just letting those that are important to you know you are available.
4. *Practice self-compassion.* During stressful times, it is normal to experience fear and anxiety. When and if you experience these feelings, and to what extent, is an individual response. The important thing to remember is that they are normal human feelings. It is helpful to acknowledge them, so that you can then find ways to deal with them in your own way. A helpful message to guide us through this is to remember to “*be gentle with yourself.*”
5. *Don't let fear and anxiety become pandemics, too.* Although acknowledging stress and uneasy feelings is important and helpful, it is also important to realize if they become barriers for thinking and acting clearly. Taking time for self-care can help you to reduce stress, and it can also provide the way for a more positive impact on interactions with others.

To learn more about these suggestions, and to see additional suggestions from Dr. Lerner, click here:

[10 Ways to Ease Your Coronavirus Anxiety](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com