**Jewish Family Services Mental Health Tips**

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| **If you’re feeling on edge, you’re not alone.** |

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| As information about this outbreak continues to evolve, JFS will provide ongoing tips on how to manage any stress and anxiety you may feel about your own health, as well as the well-being of your family, friends, co-workers, and the community. |

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| **Jewish Family Service is anticipating that we will be able to offer teletherapy services effective Monday, March 20th.** |

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| **1.) Separate what is in your control from what is not.** There are things you can do, and it’s helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins.There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites. Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news.**2.) Pay attention to your basic needs.** While it is important to stay informed, it’s also important to maintain the essential, healthy practices that affect your well-being every day. In times of stress, we tend to minimize the importance of our foundation when we really should be paying more attention! Make sure you are:* Getting adequate sleep
* Keeping up with proper nutrition
* Getting outside as much a possible
* Engaging in regular physical activity

Practicing mindfulness, meditation, yoga or other forms of self care from home can also help center you in routines and awareness, and keep you clear minded.**3.) Stay connected.** Maintaining relationships and social support are good ways to combat anxiety. While you are staying at home, keep up social interaction using FaceTime/Skype, phone calls, or text messages. Find out if your therapist offers teletherapy. Many insurance providers cover teletherapy, and more are making special exceptions to ensure care is available during the COVID-19 pandemic. J**ewish Family Service is anticipating that we will be able to offer teletherapy services effective Monday, March 20th.**In addition to staying connected to loved ones, look into ways for you to stay in touch with your community. If you normally attend religious services, find out if your place of worship will be live-streaming their service. If you’re part of other local groups that meet regularly, such as a parent-teacher organization or Alcoholics Anonymous, ask if meetings can be live-streamed or have a phone dial-in so you can feel like you’re in the loop. |

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| **We are in this together, and help is always available. If you’re feeling alone and struggling, you can reach out to JFS at 716.883.1914.** |

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| **Jewish Family Service of Buffalo & Erie County**[Learn more on our website.](http://r20.rs6.net/tn.jsp?f=001GiCsCQ9mtHWkrNsTnYOt8Z6dQHYO7tm_1bHVnCUb75Og8BIYRlF7LUb3NVGQFBXHCfGpA5kP2rVWdUDkfn6AUlnV0hQoxUf8cpMplOKh90wPd-EKJxF3WmKMSNld_iWX1RtbcLXsk2Vq28aqRkFktdEfJhA2EzDp&c=gMs8ABOPzfx49QiM19ssXHi1Lo8TgcrX7U1t6y5KMej1-ivQ2iXevw==&ch=wneG4TMvvZqacpn-WUO_s8mIcOaWJhnHsCuZYtB8zH_P1s_nk5xCxw==) |

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