

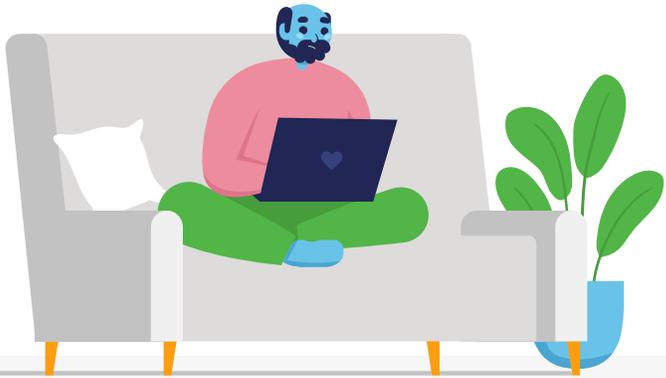
Community Conversations

Mental Health and Well-being Resources



Support Your Mental Health and Well-being Right Now

Living through COVID-19 can be extremely stressful. Individuals may feel anxiety, frustration, anger, and fear for themselves and their loved ones. People may be feeling overwhelmed by the rapidly changing and often conflicting information provided by the media regarding the pandemic. Physical distancing and other measures aimed at slowing the spread of COVID-19 are necessary but can leave many feeling isolated, lonely, and anxious.



Key Messages about Grief and Loss

- Grief is the response to loss and can affect a person in every aspect of their life.
- Most, if not all, of us are experiencing grief these days.
- Systemic racism creates communities who experience complex trauma and grief.
- There is no typical response to experiencing grief. Everyone is different and that is ok!

Resilience Strategies to Help with Grief

- Start a journal or think about your experience, personal strengths and coping skills. Name what you're losing, individually and collectively. How did you heal and recover during other challenges in your life?
- Practice gratitude to help build your resilience and ground you in the "good."
- Use healthy emotion regulation strategies like: self-care, breath work, rely on healthy relationships, manage thoughts and stress-levels, and find activities that rejuvenate you.
- Practice self-compassion during this time. Give yourself permission to feel. Ask yourself what you need right now.

Key Resources

- [Washington County Mental Health Support During COVID-19](#)
- [Washington County General Mental Health Resources and Resources for Communities of Color](#)
- [Change to Chill](#)
- [Make It Ok](#)
- [Psychological First Aid Training](#)



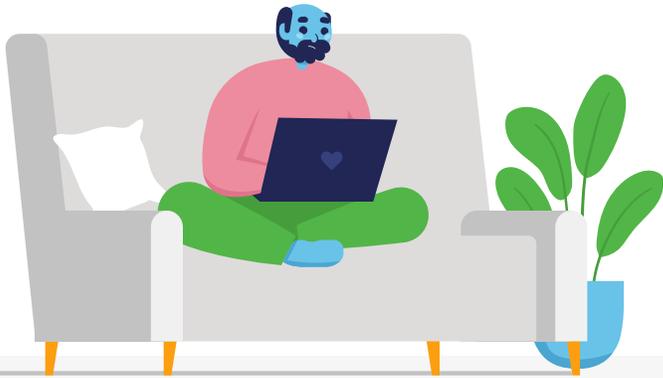
Community Conversations

Mental Health and Well-being Resources



Support Your Mental Health and Well-being Right Now

Living through COVID-19 can be extremely stressful. Individuals may feel anxiety, frustration, anger, and fear for themselves and their loved ones. People may be feeling overwhelmed by the rapidly changing and often conflicting information provided by the media regarding the pandemic. Physical distancing and other measures aimed at slowing the spread of COVID-19 are necessary but can leave many feeling isolated, lonely, and anxious.



Key Messages about Grief and Loss

- Grief is the response to loss and can affect a person in every aspect of their life.
- Most, if not all, of us are experiencing grief these days.
- Systemic racism creates communities who experience complex trauma and grief.
- There is no typical response to experiencing grief. Everyone is different and that is ok!

Resilience Strategies to Help with Grief

- Start a journal or think about your experience, personal strengths and coping skills. Name what you're losing, individually and collectively. How did you heal and recover during other challenges in your life?
- Practice gratitude to help build your resilience and ground you in the "good."
- Use healthy emotion regulation strategies like: self-care, breath work, rely on healthy relationships, manage thoughts and stress-levels, and find activities that rejuvenate you.
- Practice self-compassion during this time. Give yourself permission to feel. Ask yourself what you need right now.

Key Resources

- www.co.washington.mn.us/3305/Mental-Health-Support
- www.co.washington.mn.us/590/Mental-Health-and-Well-being
- www.changetochill.org
- www.makeitok.org
- www.fairview.org/our-community-commitment/community-health-programs

