

Practical ideas to cope with pandemic lockdown

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- Emotional health
 - Come up with fun things that will help you enjoy your time alone or without your normal circle of friends
 - Take time to focus on things that you are grateful for. Write a poem, psalm or song.
 - Be honest with your emotions, don't deny them.
 - Talk to a counselor or another trusted person when struggling
 - Look at pictures of happy memories
 - What else? _____
- Spiritual health: invest in your relationship with Christ
 - Devotional times and personal retreats
 - Meditate on biblical passages that remind you of God's goodness and sovereignty (Psalm 46, 91)
 - Meditate on Bible passages that identify with your situation and emotions (Psalm 13, Habakkuk 3:16-19...)
 - Practice the presence of the Lord and different types of prayer
 - Listen to or sing worship music
 - Get together with your family or with others online to have spiritual fellowship
 - Meet with a spiritual mentor online
 - What else? _____
- Physical health
 - Physical exercise. Walk your dog, use online videos to exercise in your house or find other creative ways.
 - Have a healthy diet with food you enjoy
 - Have adequate rest
 - Stay clean beyond washing your hands
 - Avoid staying in your pajamas all week (if you're healthy)
 - What else? _____
- Relational health
 - Stay in touch with family and friends
 - Offer help to the elderly or others who don't have the option of leaving their home
 - Invest in developing close relationships
 - Resolve conflicts with friends and family
 - Explore your heart for other relational issues to be addressed
 - Thank someone
 - Is there anyone else the Lord may want you to reach out to?
 - What else? _____
- Ideas that address more than one health area
 - Look out the window and notice something beautiful
 - Take a virtual tour of a beautiful place
 - Create something new: paint, write, plant a flower, knit, embroider, take photos, work on wood or do pottery
 - Dance
 - Ask someone to pray for you
 - Read a good book
 - Work on reaching a goal
 - Have a prayer partner
 - Consider making a contingency plan and contacts
 - What else? _____
 - _____