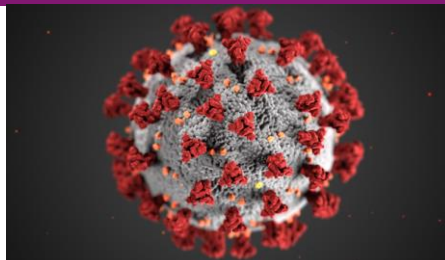


Mental Wellness During COVID-19

Special edition newsletter series from the Office of Children's Mental Health (OCMH)



April 15, 2020



The Office of Children's Mental Health (OCMH) is focused on supporting Wisconsin's children in achieving their optimal social and emotional well-being. In this time of Safer at Home and social distancing we want to know how the pandemic is affecting the work of our collective impact partners and their thoughts on how children's mental health might be affected long term.

For this edition OCMH Director Linda Hall spoke with Children's Mental Health Collective Impact member Monica Caldwell, Clinical Director of RISE. [Listen to the interview.](#)

Photo at left: Monica Caldwell, Clinical Director – RISE

Lived Experience Partner Tips

OCMH Lived Experience Partners share tips from how they are supporting mental wellness through COVID-19.

Rachel Zwicky

Rachel is a child counselor, school board member, and a parent of children with mental health needs. She and her family reside in Iron River, WI.

1. It is **normal for kids to regress** and/or to develop new behaviors during times of stress.
2. **Cut yourself some slack!** Adults are experiencing stress related to health, money, home schooling, routine change, feelings of isolation, and more.
3. At a time that we are now constantly telling our children "no" and it feels like everything is off-limits, our family is choosing to **limit power struggles**.
4. Everyone should **get some physical activity** each day. In addition to producing "feel good" chemicals in the brain, moving your body also releases built up stress chemicals and helps to keep you out of fight or flight mode.
5. Try to **get outside** each day. Simply being in nature is incredibly therapeutic.
6. Try to **do one thing you enjoy each day**. Adequate self-care will make you a better caregiver.
7. Try to **stay connected** – we are social creatures and not meant to stay apart.
8. Try to **take one day at a time**. It can feel overwhelming to think too far ahead when we still don't know what to expect.



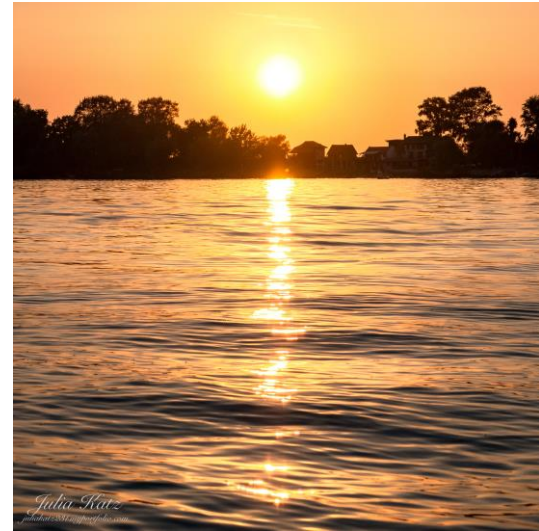
Read [Rachel Zwicky's](#) complete message at:

www.children.wi.gov/Documents/Rachel%20Zwicky%20Full%20Blog%204.15.20.pdf

Photos: Rachel Zwicky's sons Evan (top) and Oliver (bottom).



The power of a photo...to shift our thoughts and relax us in times of stress. And the power of a furry friend to inspire happiness inside all of us. This happy little guy (left) was photographed by the Sava River in Serbia by Julia Katz. Below, the sunset on the Sava River, Serbia.



Recess at Home!

Helping to make sure kids still get to play every day, these free games follow the CDC guidelines and can be played at home with a few number of children

<https://www.playworks.org/news/helping-our-communities/>



[AWH Announced Grants to Support COVID-19](#)

The Advancing a Healthier Wisconsin Endowment (AWH) announced an award of \$4.8 Million in grants to support 17 projects designed to support health care and community agencies in the fight to prevent the spread of COVID-19 in Wisconsin. Read more at:

<https://ahwendowment.org/blog/2020/AHW-Announces-COVID19-Grants.htm>

IDONTMIND

Just Checking In

Ten simple questions to check in on someone's mental health

1. How are you feeling today, really? Physically and mentally.
2. What's taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?
6. What did you do today that made you feel good?
7. What's something you can do today that would be good for you?
8. What's something you're looking forward to in the next few days?
9. What's something we can do together this week, even if we're apart?
10. What are you grateful for right now?

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