

Mindfulness

FOR ADULTS

Feeling Anxious? Managing Stress During the COVID-19 Crisis

Stress and COVID-19

It is normal to feel stress and anxiety during an event such as a pandemic. Hearing, reading, and watching news about the spread of an infectious disease can cause strong feelings in people of all ages. This is because our bodies are hardwired to respond to stressors in order to ensure our survival. It is important to remember to take care of your physical and mental wellbeing during times of high stress.

Things You Can Do to Support Yourself

Here are a few tips on how to deal with stress during these anxious times. These tips were compiled by the Centers for Disease Control (CDC), World Health Organization (WHO), and Los Angeles County Department of Mental Health.

- **Stay informed.** Refer to reliable and credible sources, such as the CDC's COVID-19 page found here: www.cdc.gov/coronavirus/2019-ncov/index.html
- **Maintain a healthy lifestyle.** Eat a well-balanced diet, exercise, and drink plenty of water, even if you must stay in your home.
- **Keep in contact.** Staying in contact with your friends, family, and social network can help you maintain a strong support system in times of need.
- **Seek help if needed.** Contact a trusted health care professional if you feel overwhelmed. The Los Angeles County Department of Mental Health offers a 24/7 Access Line at 800.854.7771. You can also access their Crisis Text Line by texting "LA" to 741741.
- **Practice resilience.** Use skills that have helped you through hard times in the past.
- **Practice mindfulness.** Practicing mindfulness, or the act of being present, can help reduce stress. We have included some tips and resources on mindfulness below!

Mindfulness and Coping

Research has shown that mindfulness can improve a person's physical and mental wellbeing, especially when dealing with stress and anxiety. Here is a quick mindfulness technique from Kaiser Permanente that you can practice at any time:

1. **Take a seat.** Find a place to sit that feels calm and quiet to you.
2. **Set a time limit.** If you're just beginning, it can help to choose a brief amount of time, such as 5 or 10 minutes.
3. **Notice your body.** You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, in lotus posture, you can kneel — all are fine. Just make sure you are stable and in a position you can stay in for a while.
4. **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
5. **Notice when your mind has wandered.** Inevitably, your attention will leave the sensations of the breath and wander to other places. When you get around to noticing this — in a few seconds, a minute, 5 minutes — simply return your attention to the breath.

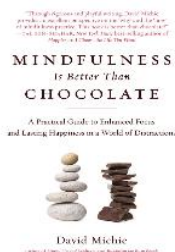
This mindfulness practice, and other resources, can be found at: healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/mindfulness/practice-mindfulness

Need to practice mindfulness on the go? Visit the UCLA Mindfulness Awareness Research Center for free guided meditations (or download the UCLA Mindful App) www.uclahealth.org/marc/mindful-meditations

DIGITAL RESOURCES AVAILABLE THROUGH LA COUNTY LIBRARY

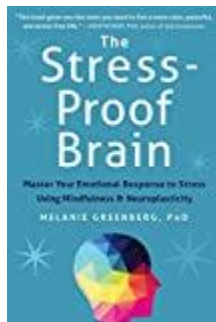
eBooks & Audiobooks

LA County Library offers numerous resources that can help you learn more about mindfulness and managing stress. Here are just a few, all of which are available on Overdrive, Libby, Hoopla or Freegal:



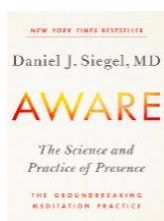
Mindfulness is Better than Chocolate by David Michie

In this book, David Michie gives us the tools to rewire our brains for happiness. "Mindfulness" is paying attention to the present moment, deliberately and nonjudgmentally—and science has shown that those who practice it experience a wealth of benefits.



***The Stress-Proof Brain* by Melanie Greenberg**

This book will help you develop an original and effective program for mastering your emotional brain's response to stress by harnessing the power of neuroplasticity. By creating a more stress tolerant, resilient brain, you'll learn to shrug off the small stuff, deal with the big stuff, and live a happier, healthier life.



***Aware: The Science and Practice of Presence* by Daniel J. Siegel**

This book offers an in-depth look at the science that underlies meditation's effectiveness and teaches readers how cultivating attention, awareness, and kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress.



***Mindfulness is Here and Now* by Mindfulness Records**

Listeners can enjoy 10 guided mindfulness practices available for streaming and download on mobile devices through Hoopla.

Music



#Meditation

Available on Freegal
<https://lacountylibrary.freegalmusic.com/search-page/meditation/albums/889966227252/2>

Online Courses

Stress Management from Universal Class

<https://library.universalclass.com/i/librarycourse/stress-management-101.htm>

Working through the lessons in this course will help you understand the origins of your stress and provide you with a practical approach for reducing stress in your life and thus improving your health and emotional well being.

Meditation 101 from Universal Class

<https://library.universalclass.com/i/librarycourse/meditation-101.htm>

This course explores the various techniques of meditation, such as sitting, standing, and yoga. Becoming aware of your thoughts, surroundings, sounds, smells, bodily movements, and especially your breath are fundamental techniques of meditation.

Don't have a library card? Not to worry! Visit LACountyLibrary.org to sign up for a temporary digital card which gives you access to all of our digital resources including eBooks, audiobooks, magazines, movies, TV, homework help, online classes, and more.

Apps available on Android and iPhone



iChill



UCLA Mindful (by UCLA Health)



Mindfulness Coach (by US Department of Veteran Affairs)



Smiling Mind (Meditation for all ages)

Additional Resources

Guide to Wellbeing Apps – LA County Department of Mental Health:

http://file.lacounty.gov/SDSInter/dmh/1069954_DMH_Wellbeing_Apps_Brochure_03172020.pdf

Coping with Stress During Infectious Disease Outbreaks – LA County Department of Public Health and LA County Department of Mental Health:

http://file.lacounty.gov/SDSInter/dmh/1069578_CommunicableDisease-StrategiesforCoping-FinalEnglish.pdf

Coping with Stress During the 2019-nCoV Outbreak – World Health Organization

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Stress and Coping – Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>