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Breathe: There are ways to calm your anxiety

5 quick ways to cope with anxiety

If your anxiety is sporadic and getting in the way of your focus or tasks, there are some quick natural remedies that could help you take control of the situation. If your anxiety is focused around a situation, such as being worried about an upcoming event, you may notice the symptoms are short-lived and usually subside after the anticipated event takes place.

Question your thought pattern

Negative thoughts can take root in your mind and distort the severity of the situation. One way is to challenge your fears, ask if they're true, and see where you can take back control.

Practice focused, deep breathing

Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes total. By evening out your breath, you'll slow your heart rate which should help calm you down. The 4-7-8 technique is also known to help anxiety.

Use aromatherapy

Whether they're in oil form, incense, or a candle, scents like lavender, chamomile, and sandalwood can be very soothing. Aromatherapy is thought to help activate certain receptors in your brain, potentially easing anxiety.

Go for a walk or do 15 minutes of yoga

Sometimes, the best way to stop anxious thoughts is to walk away from the situation. Taking some time to focus on your body and not your mind may help relieve your anxiety.

Write down your thoughts

Writing down what's making you anxious gets it out of your head and can make it less daunting. These relaxation tricks are particularly helpful for those who experience anxiety sporadically. They may also work well with someone who has generalized anxiety disorder (GAD) when they're in a bind too!

Identify and learn to manage your triggers

You can identify triggers on your own or with a therapist. Sometimes they can be obvious, like caffeine, drinking alcohol, or smoking. Other times they can be less obvious. Long-term problems, such as financial or work-related situations, may take some time to figure out — is it a due date, a person, or the situation? This may take some extra support, through therapy or with friends. When you do figure out your trigger, you should try to limit your exposure if you can. If you can't limit it — like if it's due to a stressful work environment that you can't currently change — using other coping techniques may help.

Adopt cognitive behavioral therapy (CBT)

CBT helps people learn different ways of thinking

about and reacting to anxiety-causing situations. A therapist can help you develop ways to change negative thought patterns and behaviors before they spiral.

Do a daily or routine meditation

While this takes some practice to do successfully, mindful meditation, when done regularly, can eventually help you train your brain to dismiss anxious thoughts when they arise. If sitting still and concentrating is difficult, try starting with yoga.

Keep your body and mind healthy

Exercising regularly, eating balanced meals, getting enough sleep, and staying connected to people who care about you are great ways to stave off anxiety symptoms.

Ask your doctor about medications

If your anxiety is severe enough that your mental health practitioner believes you'd benefit from medication, there are a number of directions to go, depending on your symptoms. Discuss your concerns with your doctor.

Cited from:
<https://www.healthline.com/health/mental-health/how-to-cope-with-anxiety#long-term-strategies>

“Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.”

Sunpath Outcomes on Consumer Satisfaction Surveys

Due to the COVID-19 and the Social Distancing the Consumer Satisfaction Surveys were not conducted during the first period of 2020. The Office closed on March 17, 2020 and all the services are conducting through the phone/video conferencing/telehealth.

COVID-19 and your Mental Health

Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.

The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do. During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. Learn self-care strategies and get the care you need to help you cope.

Self-care strategies

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

Take care of your body

Be mindful about your physical health:

- Get enough sleep. Go to bed and get up at the same times each day. Stick close to your typical schedule, even if you're staying at home.
- Participate in regular physical activity. Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps. Get outside in an area that makes it easy to maintain distance from people.
- Eat healthy. Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.
- Avoid tobacco, alcohol and drugs. If you smoke tobacco or if you vape, you're already at higher risk of lung disease. Because COVID-19 affects the lungs, your risk increases even more. Using alcohol to try to cope can make matters worse and reduce your coping skills. Avoid taking drugs to cope, unless your doctor prescribed medications for you.
- Limit screen time. Turn off electronic devices for some time each day, including 30 minutes before bedtime. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone.
- Relax and recharge. Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety. Many people benefit from practices such as deep breathing, tai chi, yoga or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

Take care of your mind Reduce stress triggers:

- Keep your regular routine. Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.

If you're feeling suicidal or thinking of hurting yourself, seek help. Contact your primary care provider or a mental health professional. Or call a suicide hotline. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat at [suicideline.org/chat](https://www.suicideline.org/chat).

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

How to stay safe where you live

“Based on the information received so far, and on our experience with other coronaviruses, COVID-19 appears to spread mostly through respiratory droplets (when a sick person coughs, for example) and close contact,” a WHO spokesperson told *Medical News Today*.

In light of that information, the spokesperson said, the WHO recommend preventive actions to minimize exposure to droplets.

During day-to-day activities, people can take the following measures to prevent infection, in accordance with WHO guidelines:

1. Clean the hands regularly with an alcohol-based sanitizer, or wash them with soap and water. The CDC also make this recommendation, advising that sanitizer should contain “at least 60% alcohol” and that people should wash their hands for at least 20 seconds.
2. Clean surfaces — such as kitchen seats and work desks — regularly with disinfectant.
3. Avoid crowded areas when going out, for people over 60 years old and people with any underlying health problems.
4. Try to avoid close contact with people who display flu-like symptoms, including coughing and sneezing.
5. Get accurate information about COVID-19. Some good sources include the Pan American Health Organization and WHO websites.

The American Red Cross also advise against touching the mouth, nose, or eyes when out and about, before having a chance to wash the hands.

Also, the CDC recommend getting the flu shot to prevent other seasonal respiratory infections.

The CDC recommend that all people wear cloth face masks in public places where it is difficult to maintain a 6-foot (2-meter) distance from others. This will help slow the spread of the virus from asymptomatic people and people who do not know that they have contracted it. People should wear cloth face masks while continuing to practice physical distancing.



Treatment Team Meeting Outcomes

Due the COVID 19 and the Social Distancing the Treatment Team Meeting Surveys were not conducted during the first period of 2020. The Office closed on March 17, 2020 and all the services are conducting through the phone/video conferencing/telehealth.

Stakeholder Surveys

Due the COVID 19 and the Social Distancing the Stakeholder Surveys were not conducted during the first period of 2020.



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About Sunpath, LLC.

Sunpath LLC is a nationally accredited by CARF and CABHA certified behavioral health agency that provides mental health and substance abuse services to individuals and families in Western North Carolina. We provide an efficient and effective array of services that are psycho-educational and supportive in nature. These services are intended to meet the Mental Health, Developmental Disability, and Substance Abuse needs of clients with significant functional deficits or who because of negative environmental, medical or biological factors, are at risk of developing or increasing the magnitude of such functional deficiencies.

Sunpath LLC focused on providing the highest caliber service through professionalism and building a dependable therapeutic rapport with consumer and their families.

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