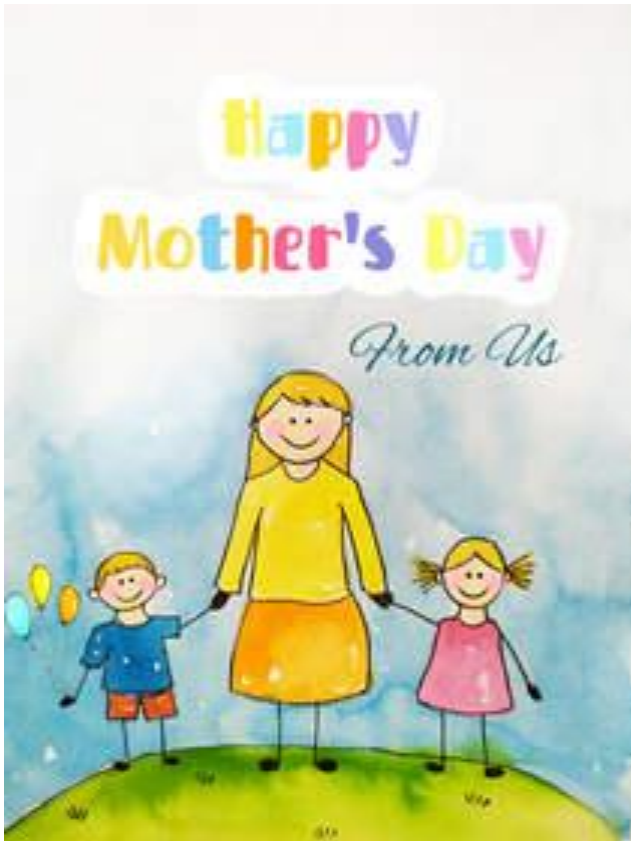


# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER May 2020



"Mothers hold their children's hands for a short while, but their hearts forever." - Unknown

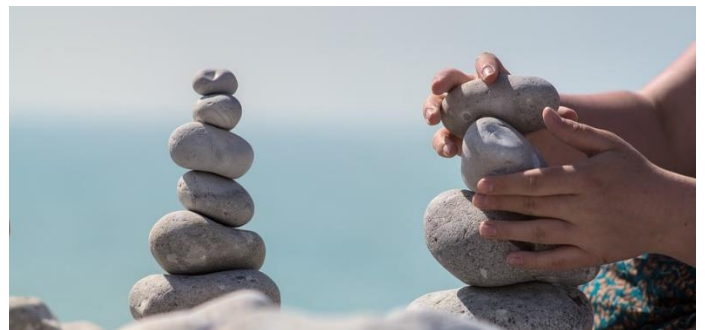
## Find Your Happy Place

### TIPS TO REDUCE COVID-19 STRESS

1. **Focus on what you can control** – including your thoughts, behaviors.
2. **Remember that you are resilient**, and so is humankind. We will get through this.
3. **Do what you can to reduce your risk**; take comfort that you are caring for yourself and others.
4. Use technology to **connect with others** frequently.
5. **Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. **Limit exposure to news** or social media updates.

7. **Use reputable sources** of news, avoid speculation and rumors.
8. **Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
9. **Don't let fear influence** your decisions, such as hoarding supplies.
10. **Be gentle** with yourself and others.
11. **Create a regular routine**, especially for children and work from home.
12. **Maintaining a healthy diet** and **exercise** routines to help your immune system and mental health.
13. **Spend time in nature** while adhering to social distancing guidelines.
14. **Reflect on your reactions**. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. **Practice meditation**, yoga, or other mind-body techniques. Find apps or online videos to help.
16. **Reach out if you need to talk**. There are local and national hotlines and warmlines that can help! DISASTER DISTRESS HELPLINE 1-800-985-5990 'TalkWithUs' TEXT 66746

<https://www.health.state.mn.us/communities/ep/behavioral/anxiety.pdf>



Life doesn't come with a manual. It comes with a mother. -Unknown

PREVENTING INJURIES DURING  
THE #CORONAVIRUS

Kids home with you?

## Keep kids at play safe around cars.



1



Keep car doors and trunks locked and keep key fobs out of reach.

2



If you do have to drive, walk all the way around your parked car to check for children.

3



Slow down and avoid distractions when driving.

SAFE  
KIDS  
WORLDWIDE.

## Coronavirus Disease in Minnesota

<https://mn.gov/covid19/>

Link to the MDH webpage: **If You Are Sick**

<https://mn.gov/covid19/for-minnesotans/if-sick/>

## COVID-19 Hotlines

Health Questions

651-201-3920 or 1-800-657-3903

8 a.m. to 6 p.m.

Seven days a week

School and Child Care Questions

651-297-1304 or 1-800-657-3504

Weekdays: 8 a.m. to 6 p.m.

Weekend: 8 a.m. to 4 p.m.

Discrimination Helpline

1-833-454-0148

Bias and discrimination reports to the Minnesota Department of Human Rights.

Housing Questions

For single-family residences

651-296-8215

For multi-family residences

651-297-4455

Monday - Friday 8 a.m. - 5 p.m.

## Parenting Tips



Needed items:

- A large jar
- Shaving cream (not the gel version)
- Gel Food coloring or washable watercolors
- Dropper

1. In small cup, mix food coloring with some water
2. Fill the large jar with water about 3/4 full.
3. Place the jar and the cup of colored water on the table. Place a dropper in cup of colored water.
4. Right before doing the experiment, spray shaving cream in the jar until it is just a small bit above the top of the jar.

The shaving cream represents the clouds and the water represents the air. The colored water represents rain. As the colored water saturates the "cloud", it gets heavy and eventually is so heavy that it can no longer hold the water. It "rains" down into the jar – through the "air," just like real rain falls through the air.



**INTER-COUNTY  
NURSING  
SERVICE**

Public Health & Home Health Care  
Serving Pennington & Red Lake Counties  
218-681-0876 TRF or 218-253-4378 RLF

[www.intercountynursingservice.com](http://www.intercountynursingservice.com)