



Total Wellness for Elders: mind, body, spirit, and economic security

ITS ALL ABOUT MENTAL HEALTH AND COPING

June 19, 2020

Dear Coalition Associates and Friends:

Our journey continues together with our Social Work Specialist who prepared this card.

"I said to the Lord, I'm going to hold steady unto you and I know you'll see me through."

Harriet Tubman

Everyone reacts differently to stressful situations i.e. Covid-19, protests, violence. Now that we are forced to adjust to a New Normal way of life, we need to remember to assess our Mental Health reactions and practice SelfCare to cope effectively. People who may respond more strongly to the stress of a crisis include:

*Persons with Chronic diseases; those with prior Mental Health issues including substance abuse.

*Older Individuals, Children and Teens

HOW MENTAL HEALTH SHOWS UP

Mental Health Problems can show up as physical complaints (such as headaches, pain, muscle tension, fatigue or exhaustion); or cognitive problems (such as having trouble concentrating; pre-occupation with the event and/or difficulty making decisions) or emotional conditions (stunned, dazed, anxious, worry, anger, frustration, depression and/or weeping) or behavioral reactions that may include (sleep problems, change in appetite, crying easily, restlessness, and/or agitation).

MENTAL HEALTH CHECK IN

- ♥ I'm doing really great
- 🟡 I'm doing pretty good
- 🟠 I'm doing ok, I guess
- 🟢 I'm starting to struggle
- 💙 I'm having a really hard time
- 💜 I need to reach out for support

SELF CARE TIPS

- * Continue to Practice Self-Care to help to cope with life changes
- * Meditate, Pray (if this is your belief)
- * Listen to any type of music you enjoy

References: Center for Disease Control, Dr. Patricia Zamor

Ronald H. Lammy

President & CEO

Total Wellness for Elders in Metropolitan Boston

The mission of the Elder Health Care Disparities Coalition is to achieve the highest quality of life for Elders of African descent through education forums and information programs to enhance their mind, body, spirit, and economic security.

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SUPPORT FROM PROFESSIONALS

- ✓ *Contact your Doctor (if stress gets in the way of your daily activities several days in a row.)*
- ✓ *People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms; contact Primary Care and/or Behavioral Health provider for assistance with new or worsening issues; 911 and/or Boston Community Crisis Stabilization Team (B.E.S.T.) 1-800-981-4357.*

GRIMES KING
FOUNDATION FOR THE ELDERLY, INC.

