

## MENTAL HEALTH DURING COVID-19

Covid-19 does not cause mental illness. However, the pervasive climate of anxiety, stress and isolation may be especially harmful to persons who suffer with a mental disorder.

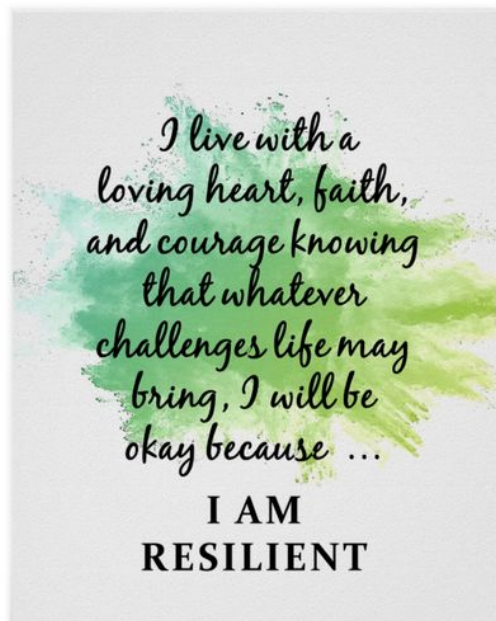
The first line of defense for a mental health patient is to maintain regular contact with a mental health provider. Most mental health professionals now provide telehealth appointments for consulting with patients.

If you need support, for yourself or for someone in your family, you can contact the **NAMI (National Alliance on Mental Health) Chattanooga Chapter**. Here, you'll gain access to a vast network of professionals and library of resources. Though the organization's roots began as a small group of families in 1979, NAMI is now the nation's largest grassroots mental health organization and the leading voice on mental illness.

NAMI Chattanooga: (423) 521-2590  
 NAMI National Helpline: 800-950-NAMI or NAMI.org

## The 7 Cs: The Essential Building Blocks of Resilience

**Competence:** When we notice what people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow people to recover themselves after a fall.



**Confidence:** People need confidence to be able to navigate the world, think outside the box, and recover from challenges.

**Connection:** Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.

**Character:** People need a clear sense of right and wrong and a commitment to integrity.

**Contribution:** People who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good and may therefore more easily turn to others, and do so without shame.

**Coping:** People who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.

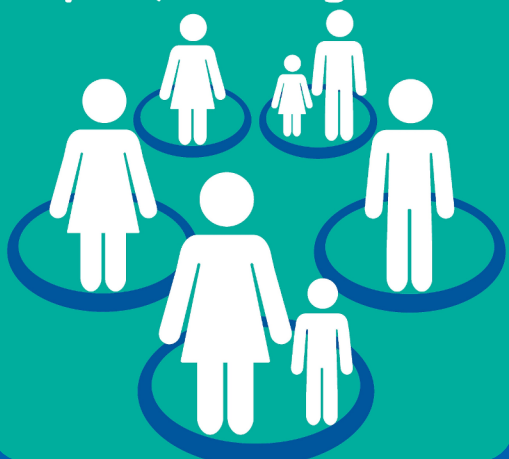
**Control:** People who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.



**NEW YMCA CHATTANOOGA SENIOR FACEBOOK GROUP!**

## WELCOME BACK!

Apart, but Together.



## PHASE 1 YMCA REOPENING MAY 11

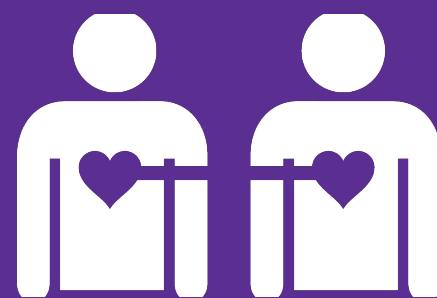
Monday, May 11, our Ys open with modified hours and amenities. Wondering what to expect? Check out this video for a walk-through!

Make sure to visit our website [www.ymachattanooga.org/reopeningupdate](http://www.ymachattanooga.org/reopeningupdate) for complete details on reopening and safety protocols in place.

## QUESTIONS OR SUGGESTIONS?

### LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to [mvermeer@ymcachattanooga.org](mailto:mvermeer@ymcachattanooga.org)



## CHAPLAIN'S CORNER

### BUILDING UP OUR RESILIENCE MUSCLES:

The gift of resilience helps us bounce back from adversity and move through difficult life transitions. Especially as we age, life throws us a few curve balls: health challenges; changes in job, income, or home; the loss of loved ones; and, separation from family and friends. Resilient people grieve well for what is lost. Then they flex their muscles and embrace life's circumstances with open arms.



One way to build up our spiritual resilience muscles is to lean into gratitude and away from negativity. This does not mean putting on a false face as though we were exempt from stress and grief! It means keeping our focus on the little joys that each day brings. Finding gratitude in the small things takes practice, but as Jesus told his disciples: "Seek, and you will find." (Matthew 7:7)