



Bolante.NET

Threat Assessment and Disaster Behavioral Health Services

BY REBECCA BOLANTE, PhD., CRC, CTM

COVID-19 | *Emotional Support and Optimism*

We are all facing challenging times during this invisible disaster, COVID-19. People from all walks of life are moving forward, but with an increased amount of uncertainty. As our support, interactions, and daily routines become altered; naturally, none of us are exempt from an increased level of anxiety.

Being realistic is important, but my message to you today is to encourage you to increase the amount of optimism in your thinking. No matter what the future is going to hold for us, having a positive attitude about moving forward will be a strong tool for emotional strength.

In connecting with my colleagues from our NW region, we shared resources and encouragement from which we can all benefit. Our partner, *Vibrant Emotional Health*, has put together great information on "[Supporting Your Emotional Well-being During the COVID-19 Outbreak](#)". On their webpage, you can find the situation summary in addition to Coping Tips. As people feel the emotional distress related to COVID-19, use these tips to help support yourself and others. Here is an excerpt from that article by *Christian Burgess*.

Coping Tips:

- Set a limit on media consumption, including social media, local or national news.
- Stay active.
- Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol.
- Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak.
- Talk about your feelings and enjoy conversations unrelated to the outbreak.
- Get accurate health information from reputable sources.
(For health information about COVID-19, please contact the *Centers for Disease Control* at [cdc.gov](#), your local healthcare provider, or your local 211 and 311 services, if available.)
- If you're experiencing emotional distress related to COVID-19, please call the *National Suicide Prevention Lifeline* or your local crisis line.

For coping tools and resources, visit the *Lifeline* website at [suicidepreventionlifeline.org](#) or *Vibrant Emotional Health's Safe Space* at [vibrant.org/safespace](#).

Rebecca Bolante, PhD., CRC, CTM
Founder of Bolante.NET, a network of experts providing training in the areas of threat assessment and disaster response.
Find more information [Bolante.NET](#)

