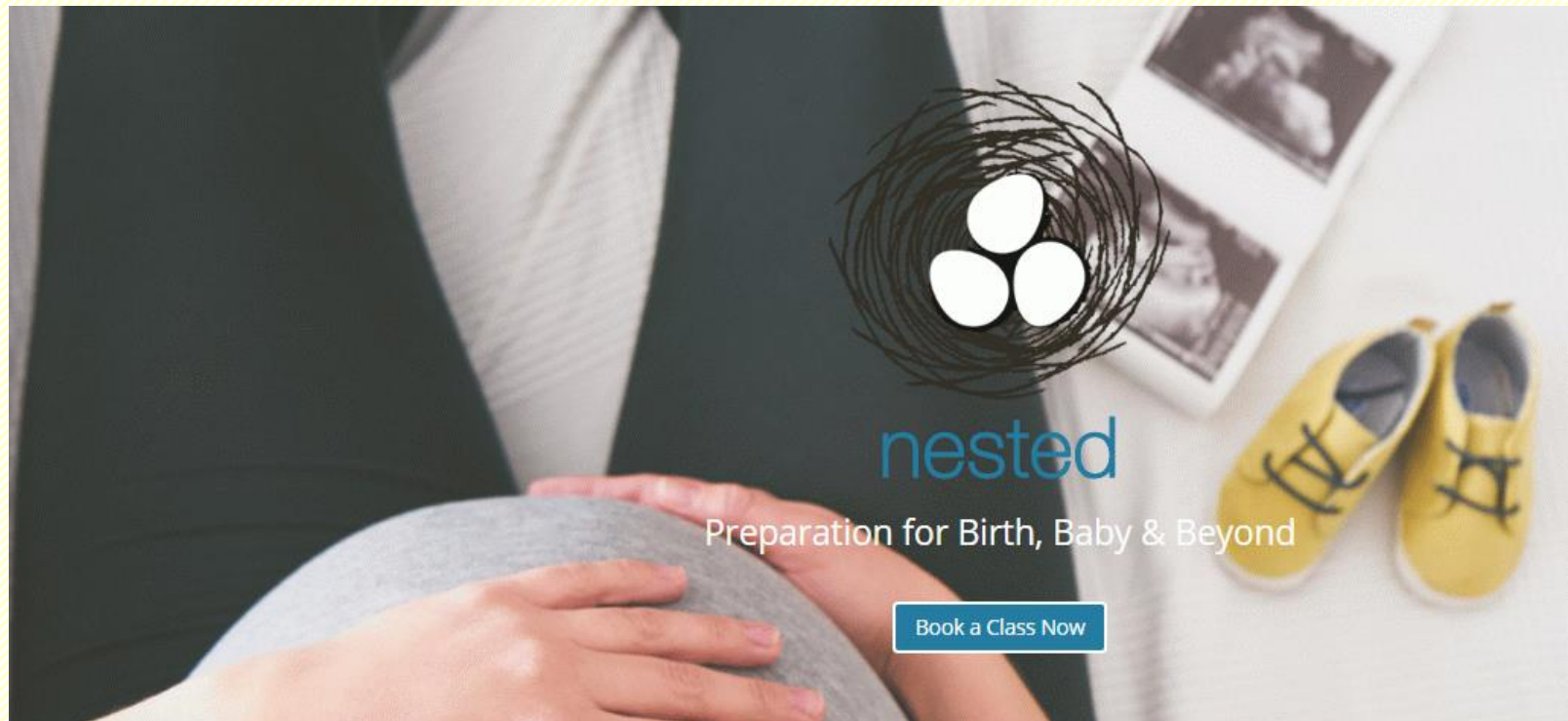


# Additional Resources for Self Care for Physical & Mental Health During COVID-19



# Self Care & Health Maintenance

Check with your provider to see if they are encouraging their pregnant patients **to purchase a blood pressure cuff.**

Some **HSA/FSA** plans allow purchases for: blood pressure cuffs and other medical devices/ equipment, supplements (prenatal, Vitamin C, Vitamin B, etc.) and other pregnant & health-related items.



- **FSASTORE.com** (<https://fsastore.com/FSA-Eligible-Items.aspx>)
- **FSA on Amazon.com** (<https://www.amazon.com/FSA-Store/b?ie=UTF8&node=17904040011>)
- **FSA & HSA at CVS.com**  
(<https://www.cvs.com/shop/content/FSA>)
- **FSA & HAS @ Walgreens.com**  
([https://www.walgreens.com/topic/store/fsa/shop\\_fsa.jsp](https://www.walgreens.com/topic/store/fsa/shop_fsa.jsp))



# Informative COVID-19 Websites:



- [Advantia Health's List of Questions & Answers \(Q&A\) relating to OBGYN care during the COVID-19 Pandemic](#)
- [The Centers for Disease Control and Prevention \(CDC\) COVID-19 website](#)
- [The CDC's website relating to Pregnancy, Breastfeeding, and COVID-19](#)
- [American College of Obstetricians and Gynecologists \(ACOG\) COVID-19 website](#)
- [Johns Hopkins University \(JHU\) & Medicine Coronavirus \(COVID-19\) Resource Center](#)
- [The Federal Families First Coronavirus Response Act](#)

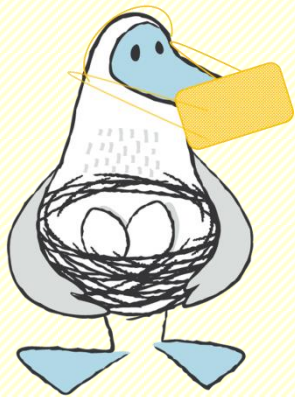




# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19



- CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.
- CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face coverings recommended are **NOT** surgical masks or N-95 respirators. ***Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.***

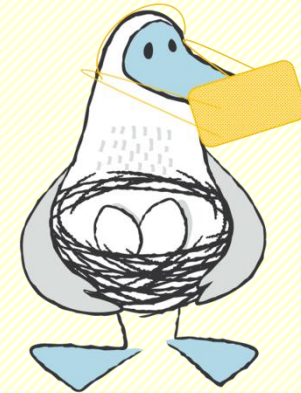


**SOURCE:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



# How to Make Your Own Mask

- [CDC Recommendations \*AND\* Instructions How to Make A Mask](#)
- [CNN's Mask Making Step-By-Step Instructions from the CDC](#)
- [Huffington Post: Coronavirus Face Masks - Everything You Need To Know](#)
- VIDEO DEMO
  - [CNN's Dr. Sanjay Gupta demonstrates the proper methods using materials](#)



# MAINTAINING YOUR MENTAL HEALTH THROUGH COVID-19:



***MEDITATION, MINDFULNESS, AND BREATHE***



# You Are NOT Alone!

- As we all adjust to our new lives during this global pandemic and social distancing it is important to know that you are not alone.
- Nested is taking the necessary precautions to keep you safe and informed.
- During this period of isolation, many are struggling with their new reality.
- While a small percentage are still working, some are forced to work from home, have lost jobs and are homeschooling their children.
- Most outlets that people use to combat mental health, such as gyms, therapist and social settings have been closed due to them being seen as non-essential businesses and a threat to our physical health.





# SELF-CARE FOR MENTAL HEALTH

## COMPASSION

Be kind to yourself. Stop judging yourself. Practice positive self-talk.

## SELF-CARE

Rest. Pay attention to your self-care battery. Give yourself what you need. Deprivation is not healthy. Make time for yourself.

## ACTION

Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.



BlessingManifesting.com  
See the blog for more!

## SUPPORT

Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need. create a strong support system. Break the stigma.

## TRUTH

Notice how your choices (conscious or subconscious) contribute in a negative way. Look at what isn't working in your life.

SOURCE: <https://www.blessingmanifesting.com/2019/05/self-care-for-mental-health.html>







# Your Living Room Therapy

- Due to businesses being closed to limit exposure to the coronavirus, a lot are looking towards technology to continue to serve you. There a vast number of companies who are offering help for free or reduced prices during this time.
- A recent post from Women's Health Magazine shared some ways to find therapy from home: [How To Access Free And Reduced-Cost Online Therapy And Mental Health Care While You're Stuck At Home](https://www.womenshealthmag.com/health/a31958387/free-online-therapy-coronavirus/) (<https://www.womenshealthmag.com/health/a31958387/free-online-therapy-coronavirus/>)
- For those who are still working, an **employee assistance program** may be a part of your benefits package. It could potentially be a resource to providing you with mental health counseling.
- There are other companies that offering virtual therapy, such as [Talkspace.com](https://www.talkspace.com/) (a texting service) and joining a support group through Real (sign up at [Real to the People](https://www.realtopeople.com/)).



# Meditation & Mindfulness

***Meditation*** is a great way to find balance and remain grounded.

- The [Aura app](#) is now offering a free 3-month subscription with code FINDPEACE 2020 that has mindfulness meditation.
- [Headspace.com](#) is offering FREE service to doctors, nurses, and other frontline professionals.

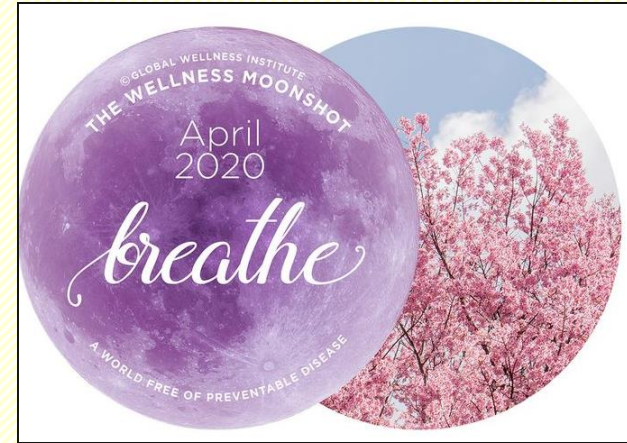


# Take a Deep Breath

## The Wellness Moonshot in Prevention Magazine

### 4x8 Breath

- Close your eyes or softly gaze at a stationary point.
- Inhale to the count of 4.
- Briefly pause at the top, then exhale to the count of 8.
- Repeat at least 4 times.
- Notice the calming effects on your mind, energy, body, and emotions.



### Breath of Alignment

- While closing your eyes or softly gazing at a point in front of you, **inhale fully** and gently lift the crown of your head toward the sky.
- Now exhale completely while inviting your hips to sink into your seat.
- While elongating your spine, allow it to be flexible rather than rigid as you breathe.
- Repeat this breathing cycle at least 4 times.

### Heart-Centered Breath

- Close your eyes or rest your gaze on a stationary point. Place one or both hands on the middle of your chest.
- Allow this touch to reconnect you with your heart—its rhythm and beat, or the qualities of loving, kindness, gratitude, and peace.
- For the next 5-10 minutes, breathe mindfully, keeping your awareness at your heart center and your **breaths effortless** and even.





# Maintain Mental Healthiness Through Positive Conversation:

*It's OK to NOT want to discuss the coronavirus! The constant updates about the virus from the news, social media, family and friends can increase levels of anxiety.*

What new  
books have  
you read?

Have you  
learned any  
new skills or  
crafts?

Have you  
watched any  
new TV  
series?

What's  
your favorite  
method of  
relaxation?

How do you  
remain so  
positive?



# Case Study: Nested's Founder & Managing Director - Nidhi Reva, MPH PA-C

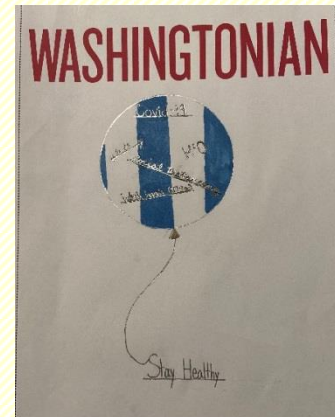
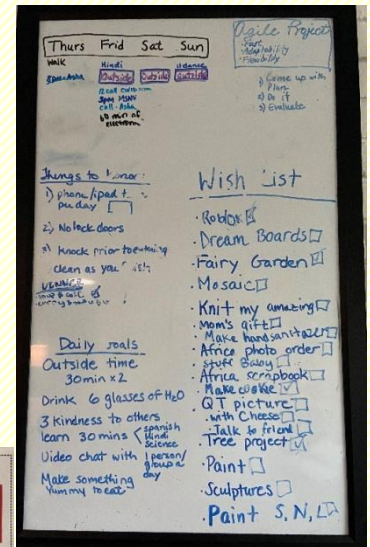
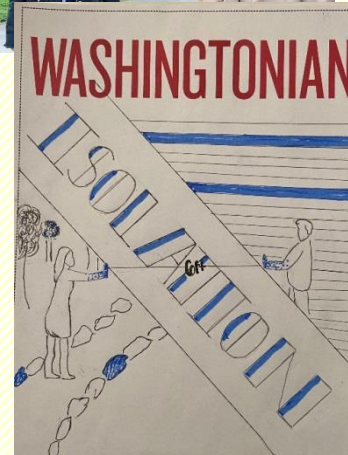
- Mom of 2 tweens
- Daughter of a microbiologist mom & risk-averse dad
- Sister of a sister who decided to learn how to sew fashionable masks
- Holder of a master's in public health and medical science
- Physician Assistant in women's health in DC, with a passion for medical missions--farmworkers and abroad
- Founder of Nested LLC and educator
- Funny only to her friends
- Aspirational minimalist but like crafts tooo much





# How is Nidhi Coping?

- **Media Overload:**
  - Check CDC updates/cases once a day (after 12ish)
  - Podcast NPR (5 min blurb) on the hour – 1 or 2 times a day
- **Nature:**
  - Walk- shoes and also without in the grass
  - Get sunlight
  - Walk with friends
- **Connection:**
  - Talk with a cohort with shared non alarmist views
  - Virtual dinners
  - Avoid COVID talk
- **Agile day planning:** White board of flexible and adaptable
- **Box-o-fun:** Bored? Hmmm
- **Reflection:** Silver linings?
- **Nourish:** Mind & body
- **Agency:** Thank anyone that is essential and is helping



# Medical Support

- The **Breastfeeding Center for Greater Washington** is offering virtual support as a way to interact with patients. It is a resource strictly for gestational or breastfeeding parents offering emotional support and help managing stress. The 1-hours sessions can be [booked through their website](#).



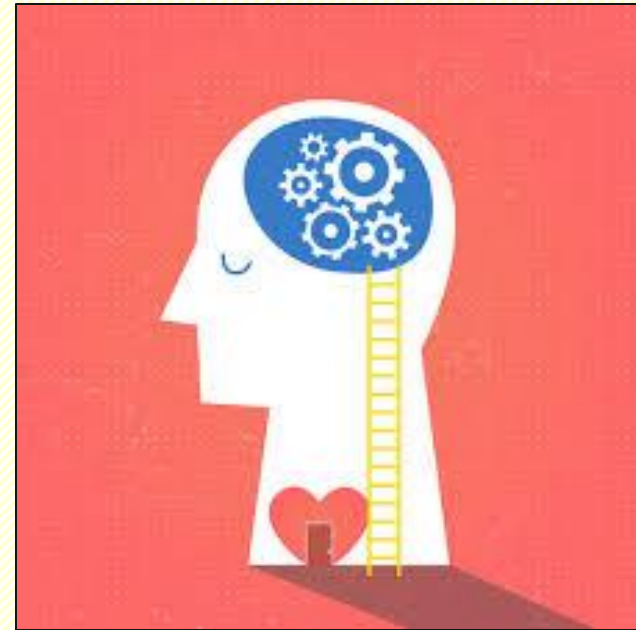
- **Advantia Therapist** has 2 licensed therapists who are seeing patients through telemedicine appointments:
  - Jennifer Floran LCSW, currently seeing patients at OB GYN Associates in Silver Spring and Shady Grove OB GYN in Rockville, MD (301-273-6611)
  - Adrienne Londeree, LCSW-c, currently seeing patients at SMH in Frederick & Gaithersburg, MD (301-414-2300)





# Additional Resources

- [CDC.gov: Stress and Coping](https://www.cdc.gov/stressandcoping/)
- [AFSP.org: Taking Care of Your Mental Health in the Face of Uncertainty](https://www.afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/)
- [MHANational.org: Mental Health And COVID-19 – Information And Resources](https://www.mhanational.org/mental-health-and-covid-19-information-and-resources/)
- [NAMI.org: COVID-19 Resource Guide and Information](https://www.nami.org/covid-19-resource-guide-and-information/)
- [Psychiatry.org: APA Coronavirus Resources](https://www.psychiatry.org/coronavirus-resources/)



# HOTLINE HELP #s

## **Substance Abuse and Mental Health Services Administration**

Call: 1-800-985-5990

Text: TALKWITHUS to 66746

## **National Suicide Prevention Lifeline**

Call 1-800-273-8255

## **National Domestic Violence Hotline**

Call 1-800-799-7233



## **National Sexual Assault Hotline:**

1-800-656-4673

## **Local DMV Crisis Contact Lines:**

- DC: 1-888-793-4357
- Frederick County, MD: 301-662-2255
- Montgomery County, MD: 240-777-4000
- Prince George's County, MD: 301-429-2185
- Arlington County, VA: 703-358-4848
- CrisisLink: 703-527-4077 or 800-784-2433

