

BE

KIND TO YOUR MIND

STAY WELL
Michigan.gov/StayWell

1-888-535-6136 and press "8"



Resources for Coping with COVID:

Mental Health and Mindfulness Support for Persons with
Disabilities and Other Vulnerable Individuals

DISCLAIMER: PLEASE NOTE THAT THESE ARE SUGGESTIONS, TIPS AND RESOURCES. NOT TO BE TAKEN AS PRESCRIPTIVE OR LEGAL ADVICE.



The Americans with Disabilities Act (ADA) defines a person with a disability as a person who has a physical or mental impairment that...

- substantially limits one or more major life activity
- includes people with a record/history of an impairment, even if they do not currently
- includes individuals who do not have a disability but are regarded as having a disability
 - *This is a legal definition, not a medical one, thus it is different from how disability is defined in other areas, such as for Social Security Disability related benefits.*

Remember...

There are both visible & invisible (hidden) disabilities. Many invisible disabilities exist, including various mental illnesses. Mental health and mental illness are defined differently but often used interchangeably & incorrectly. Stigma is associated with mental illness, lack of disclosure and treatment. Stigma can be eliminated through education and awareness. Maintain good mental health through self-care, prevention & appropriate treatment.

Guides Available to be Downloaded

Coping for Adults and Older Adults

- [Supporting Deaf Hard of Hearing](#)
- [For Adults Recovering From the Emotional Toll of COVID](#)
- [Grief and Loss](#)
- [For Older Adults Recovering From the Emotional Toll of COVID-19](#)
- [National Alliance on Mental Illness Resource Guide](#)

Mindfulness Guides

- [Mindfulness, Stress Relief, and Resilience](#)

Coping for Children and Teens

- [Helping a Child Recover From the Emotional Toll of COVID-19](#)
- [Helping Children Cope with Stress](#)
- [Talking with kids about COVID-19](#)
- [Teens & COVID-19](#)
- [Tips for Teens](#)
- [Helping Children through Grief and Loss](#)

Webinars

- [Mental Wellness Videos](#)
- [Additional Video Resources](#)



Mental Health Statistics Resources

- Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov>
- National Alliance on Mental Illness (NAMI) <https://nami.org>
- Bureau of Labor Statistics <https://www.bls.gov>
- The American Institute of Stress <https://www.stress.org>
- The Center For Workplace Mental Health <http://workplacementalhealth.org/>

MINDFULNESS



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- **Choose not to be offended:** Give the benefit-of-the-doubt; focus on intent of effort, no perception.
- **Show compassion and concern:** Be conscious of facial gestures, body language & tone of voice.
- **Be realistic in your expectation:** To expect faultless behavior from co-workers is unrealistic and will bring disappointment. Make it a point to commend them for what they are doing.
- **Be a good listener:** Listen with empathy. You may ask tactful and sympathetic questions with the aim of understanding the person's feelings. Be patient and resist any urge to interrupt.
- **Avoid a critical spirit/judgement:** Coming across as being critical can add to their condition and undermine our sincere efforts to build them up.
- **Speak positively:** Share comforting words and experiences to upbuild and instill hope. These aids can equip us to be in position to provide empathetic thoughts that can make our efforts more effective.

Tips in Mindfulness

1. Mindful moments
2. Awareness of breathing
3. Body awareness
4. Awareness of thoughts
5. Single-focus tasking
6. Social Support
7. Altruism
8. Attention to small wonders
9. Mindfulness at work
 - a. Take your breaks/lunch
 - b. Don't self-depreciate
 - c. Be a friend to yourself
 - d. Ask for help when needed
10. Acceptance, flexibility & non-judgmentalism

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If one area is neglected for a period of time it is likely you will see a negative effect of your overall health

