



How can I help?

stay physically active. There's something else that can help you stay strong when times are tough: helping others.

Assisting other people not only makes their lives easier, it helps us feel better too!

- 1. Volunteering reduces the chances of developing depression.** It increases social interaction (even in times of social distancing), and it helps build connections that are based on shared interests and experiences. These connections can offer on-going support, even after the crisis ends.
- 2. Helping gives us a sense of purpose and a chance to develop or hone skills.** It feels good to know that our actions are impactful, even if they're not perfect. Pitching in reminds us of our capabilities and allows us to be part of something bigger than ourselves.
- 3. Lending a hand keeps us engaged in physical and mental activity.** Not only does this help give us positive momentum, it reduces the amount of time that we have to worry, ruminate, or over-consume media.
- 4. Being of service reduces stress levels.** When we feel that we've made a contribution, it reduces feelings of helplessness. Feeling more in control (of at least some parts of our lives) helps decrease anxiety.

It's important to make sure that there's a good fit between the gifts that you have to give and what someone else needs. Here are some tips to help you find the best place for you to "plug in."

- 1. Know what you have to offer.** What skills do you bring that could best be applied to an organization's mission? What feels important and inspires you to contribute? Look for places and projects that are in the "sweet spot" of what you're good at doing, what you care about, and what your community needs.
- 2. Be clear on what you want to do.** Are you looking for a place to apply a specific skill set? Or are the specific tasks less important than what the group is working towards? Understanding what these distinctions mean for you will help ensure a good match.
- 3. Be realistic about your abilities, availability and energy levels.** Communicate these limits clearly from the start and stick to them. Take the time to weigh all your obligations, and if the volunteer opportunity is more than you want to take on - it's okay to say no. This will help your contribution be something that you're happy to give, instead of becoming a drain.
- 4. Continue to take good care of yourself.** You're able to be the most helpful when your internal batteries are running on a full charge. Check out the options on the back side of this page for ways that you rest, relax, and recharge - then plug in to help others! Needs some help making a self-care plan? SMC's Behavioral Health Consultants are here to walk you through the process.
- 5. Start small.** Commit to a short-term project first. Then, if it worked well for everyone, you can take on more. If not, you can politely move on and try another task or organization.

Taking care of ourselves can take a lot of support. We're here to help!

Ask a nurse or provider if you'd like to talk.

Rest, Relax, & Recharge Menu

Small Bites (can last less than 15 min.)

Do Nothing For 2 Minutes

<http://www.donothingfor2minutes.com/>

Earth Cams

<https://explore.org/livecams>

Lori Rothstein's "Two for You" Series

<https://bit.ly/2vV7r5A>

De-Stress Monday Deep Breathing GIFs

<https://www.destressmonday.org/6-gifs-help-relax/>

Radio Garden - Radio Stations Around the Globe

<http://www.radio.garden>

Weave Silk - Use your mouse to create designs

<http://weavesilk.com/>

McKinley Health Center (guided imagery & relaxation)

<https://bit.ly/2JkR9pJ>

Geoguessr.com (Guess - Where in the world are you?)

<https://www.geoguessr.com/>

Apps

Calm - <https://www.calm.com/>

Smiling Mind - <https://www.smilingmind.com.au/>

Headspace - <https://www.headspace.com/>

Colorfy - <https://www.colorfy.net/#home>

Flow - <http://interactive.usc.edu/projects/cloud/flowing/>

Entrees (for when you have more time)

Virtual Yoga with Bridgette (live weekly class)

<http://boreal.yclas.com/events-and-activities/virtual-yoga-classes.html>

Yoga with Adriene (on demand)

<https://www.youtube.com/user/yogawithadriene/about>

Practicing Mindfulness in Community

<https://www.pcamn.org/practicing-resilience-in-community/>

Bob Ross Painting Classes

<https://experience.bobross.com/the-bob-ross-channel-2/>

Explore Minnesota From a Safe Distance

<https://bit.ly/2yi70TH>

Google Arts and Culture (museum tours)

<https://artsandculture.google.com/>

Head and Neck Self-Massage

<https://www.youtube.com/watch?v=fcD0efHRLfo&t=1593s>

Online Guided Meditations with Tara Brach

<https://www.tarabrach.com/guided-meditations/>

National Park Tours

<https://bit.ly/3dHqUHW>