

## How Do We Keep On Keeping On?



**F**or many of us, the adrenaline rush of recent weeks has begun to wear off. New routines now seem less foreign, and we've figured out alternate ways to get things done. As we settle into this different "normal," new feelings may also be settling into our minds and bodies: fatigue, vulnerability, anger, or sadness. ***How do we keep on doing what must be done, even with these emotional weights tied to us?***

**Observe your hurt.** One way to reduce the sense of swimming against an emotional rip current is to pause for a bit and go with the flow of the feelings that you're resisting. You don't have to give in to it forever, but perhaps you can stop for a moment and just let it wash through you. As you do, observe what it feels like to release that effort.

**Name your pain.** Are you exhausted by trying to be all things to all people all the time? Are you afraid of what will happen to you or your loved ones? Are you worried about how you will shift gears when the situation changes again? Are you angry about opportunities lost and plans dashed? Are you just numb, deflated, or stuck in neutral? Knowing where you stand in your emotional landscape can offer clarity and even light up possible paths to other emotions.

**Learn to juggle.** We're having to get better at feeling a lot of complicated truths all at the same time. We can feel a profound sense of loss *and* profoundly lucky in the same moment. We can be simultaneously afraid *and* try to find humor in this unfunny situation. Remember, as we learn to

juggle these emotions, we 'll make mistakes and sometimes drop the ball, so...

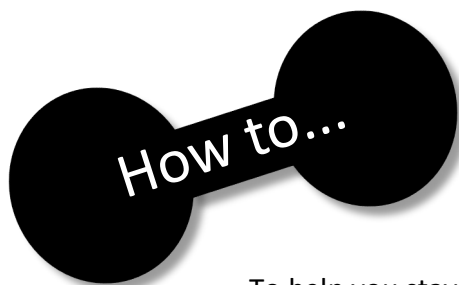
**Let it be okay.** There is no single right way to feel about the changes that have beset us, and there's no one correct way to navigate the path forward. While it may be true that there are others who are experiencing greater danger and loss than you are, it's okay to be both grateful for the many ways you're fortunate and to grieve all your places of loss.

**Be kind to others.** Taking active, concrete steps to help other people helps reign in our abstract fears of what might happen. This benefits both the giver and the receiver. While we can't save the whole world by ourselves, we can concentrate our energies on what individual people need, and then reach out. Something as simple as checking in on someone can make a world of difference, and is especially important during this time of physical distance.

**Be kind to yourself.** For now, what if you let "good enough" actually be good enough? There'll be another time to focus on excellence. While you might have moments of feeling out of control, that's different from actually losing control. If you, or a loved one, are struggling, you don't have to go it alone. Contact the Behavioral Health team at Sawtooth Mountain Clinic. They can offer support for issues such as anxiety, depression, improving sleep, smoking cessation, parenting support, and more. Call 218-387-2330 to set up a behavioral health appointment.

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.*



# Stay Strong

**In order to keep on keeping on, you've got to stay strong.**

To help you stay (or get) strong, here are areas to consider as you take inventory of how you're doing and links to past Topics of the Month newsletters that have more information on each of the subjects. You don't have to tackle them all at once. Choose the one that seems easiest, or pick the one that will make the biggest difference. Small steps can make a big difference.

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## **Are you fueling well?**

The food we consume has a direct impact on the way our bodies, minds, and emotions feel and work. Luckily eating well is pretty simple, even if it isn't always easy. Keep [Sugar](#) to a minimum, and learn how to eat without [Portion Distortion](#). Check out [Humble Heros](#) to keep it to the basics and [The Dark Side of Clean Eating](#) to keep it all in check.

## **Have you given your brain a break?**

If you feel like your brain is stuck in overdrive, it would probably be a good idea to shift gears. Check out [Creating Calm...Even When Life Feels Like Chaos](#). There are tips on using technology to rest and recharge, a DIY relaxation recipe, and 23 ways to chill. Or how about [Creating Resilience](#)? You'll find information about Emotional First Aid, how QPR is like CPR, and steps to take to build resilience skills.

## **Are you moving enough?**

In a lot of ways, physical activity is the silver bullet of health. It can reduce the risk of many diseases, lower blood pressure, and improve cholesterol levels. It also improves your mental health, mood, and sleep. Read [Active Living](#) for more information on the 'whys' and 'how's' of getting active. If you could use some suggestions for ways to sneak more movement into your daily life, you'll find them in [Health Hacks](#).

## **How are you sleeping?**

Getting plenty of rest is important for both physical and mental health, and practicing good sleep hygiene can help. [Good Night](#) explains 7 steps to prepare yourself for a good night's rest, why you might want to count blessings instead of sheep, and a recipe for a "Sweet Dreams" smoothie.

## **How are you coping - mentally and emotionally?**

[Positive Psychology](#) discusses what it means to flourish, six steps that support post-traumatic growth, and how to tell if it's time to ask someone else for their perspective. This might also be a good time to learn a little more about [ACEs \(Adverse Childhood Experiences\)](#) and how they can impact physical and mental health years later.

## **Are you finding way to connect with others, even if you can't physically be together?**

Our relationships with other people play an important role in both our physical and mental health. [Creating Connection](#) suggests ways that we can be purposeful in how we both create and nurture our relationships, has a list of questions that can "prime the pump" for connecting conversations, and tips on how to use technology to improve our connectivity. And...because we're not going to get those connections right every time, [How to Fail](#) discusses what it means to have a successful failure, as well as suggestions for how to apologize after we've messed up.