



JUST KEEP MOVING CLINICAL SERVICES, LLC COMMUNITY CONNECTION

Educate * Support* Empower

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What to do when I cannot do anything?

Chineze J. Martinez

Year 2020 has brought about many unprecedented surprises for this world. The pandemic has ruffled individual daily living activities, and... With all the changes in life, we have been left to fix the broken pieces of a world that we feel we no longer have control over. Depression, anxiety, frustration, anger, and confusion have always been present in our lives but what do we do when everything that we used as a coping skill has been abruptly taken from us.

Below you will find 3 strategies that can be useful in addressing and coping with the uncertainty of today, yet alone tomorrow.

- 1). **Be active-** Despite gyms, parks, beaches, and other venues that service active living lifestyles being closed, you can participate in activities within the comfort of your home. Let's bring back those elementary activities (i.e. jumping jacks, stretching, running in place, etc) that we loved so much (well, at least I did!) to maintain physical wellness.
- 2). **Continue or pick up a new hobby-** As we participate in social isolation, now is the time for us to get back to what we loved. Reading, writing, art, sewing, cooking, whatever it may be, can aid in producing increased mood regulation. Give it a shot.
- 3). **Engage with others-** Connecting with others is extremely imperative during this time of life (more than it has ever been) because it encourages communication, support, motivation, and acceptance. Available resources **Disaster Distress Helpline 800-985-5990** and text **TalkWithUs to 66746**.

I am my Brothers'/Sisters' Keeper

Chineze J. Martinez

What do you do when your basic needs are not met? According to Maslow's Hierarchy of Needs, an individual must be able to meet their basic needs of food, air, shelter, clothing, sleep, and warmth in order to be able to adequately focus on areas of need. On April 18, 2020, I along with three phenomenal individuals presented seven food baskets to families in need. Families were provided with a mix of canned foods, staple items, beverages, and a gift card. I am a firm believer that if there's a problem, then I can be a solution. It just takes one thought, one heart, one action to make one difference.



~~KIDS CORNER~~

Student: Norberto

How has the pandemic affected you?

"I loss the opportunity to experience transitioning into adulthood and being with social network in school."

How are you coping?

"I talk to my friends on group and video chats and we talk about what's going on."

What is your next step for school and/or work?

"I want to be an automotive engineer."

*Congratulations Norberto
Class of 2020*

