

No. 1
March 22,
2020

News from Joe Cabush & Associates

In this issue

**Telehealth
appointments**

**Getting along
together and
coping with
stress**

**The BIG List of
fun things to do
while you're
homebound**

The heart of the
universe is love,
respect,
responsibility, and
playfulness. *Anon*

Coronavirus tips for our friends, colleagues and clients*

Telehealth

We will offer telehealth services to all clients in lieu of meeting at the office. Most insurance companies will reimburse for this but we recommend you check with your individual carrier. Under emergency HSS guidelines, we are able to use Zoom, Facetime and Skype in addition to our Portal. These formats are private but rely on you and your counselor to make sure that you take necessary steps to prevent inadvertent disclosures. For example, find a private place to talk, make sure you do not add someone to a call by accident, do not record conversations, know that others may be able to see your call history, and be sure to disconnect the call at the end. We also want to be responsive to those who may have a disruption in their income due to loss of pay. We recommend downloading the Zoom app. **Group therapy** will take place though Zoom. Let us know if you need help using this technology.

What to do when you're at home

During this period of uncertainty, you will want to have time alone *and* time to connect with others. You'll want to know the latest about what's happening *and* take a break from the constant breaking news. All of us here at JC&A are available to answer your emails and calls with support and guidance. We want you to be of sound mind and body. In this newsletter, you'll find helpful tips to you navigate uncertain times.

Getting along

Humans thrive on sleep, routine and the 24-hour rhythm driven by Earth's rotation. Finding routine can be a challenge when our normal habits have been disrupted. Making a schedule for yourself or your family can be hard to do when you don't have a clear timeline of when things will return to some semblance of normal. Uncertainty can cause us to become rigid, stubborn, and irritable.



*For up to date information, check with the CDC website or local authorities.



Will salon closings cause a return to 80's hair styles?

Most of us realize that when we are angry, its usually because we are tired or worried. It is reasonable to anticipate frustration and a few more hurt feelings during this time. A good solution to getting along is to **follow these steps:** (1) recognize that it's just stress and a temporary adjustment to the new situation (2) reassure yourself and your loved ones that you will do better with time and after a break (3) practice saying "sorry" a lot, it's like WD-40 for squeaky relationships. Keep a sense of humor. Remember to take a deep breath - often.

Arrange your living space to make room for one another, create a "classroom" or "office" as you are able. Don't forget to use the outdoors if you can.

Communicate regularly and use gentle reminders and requests rather than orders. For example:

"Please remember, I am using the office at 2pm today so I'll need to you use your headphones."

"I put a note for you to remind you that the dog needs to be walked at 5 o'clock, it would be a big help to me, thanks."

"The BIG List" of fun things to do

Research and your own experience tell you that playfulness, a hearty laugh, and physical activity can help us shake off anxiety and stress. When we laugh, we breathe deeply. When we exercise or sing we breathe deeply. The exchange of oxygen and using our diaphragm are essential to pushing through anxiety and relieving stress. According to research, play is one of the strongest antidotes to depression we have. This list of things to do to can be used for a quick break, to engage in creative pursuits, to provide a nice distraction, and to help you feel productive. I recommend these tips for using The Big List.

Initial who wants to do what and then take turns.

Decide what items you'll need.

Think about how much time you'll **realistically** need.

Plan for a backup activity just in case you can't do it right now.

Consider using the list to bring joy to someone else's day.

Wearied,
discouraged, and
sick- I'll tell you
the loveliest game
in the world, Do
something for
somebody, quick!
- Anon

The **BIG** List of Fun Stuff to Do

INDOOR SOLO ACTIVITIES

Watch Video / Films	Video Games	Mix Music	Solitaire Card Games
Gaming	Jigsaw Puzzles	Programming	Write / Compose Music
Write a Letter	Word Puzzles	Meditation	Learn an Instrument
Play with / Care for Pets	Listen to Music	Reading	Yoga
Drawing / Painting	Pottery / Ceramics	Poetry / Fan Fiction	Write / Blog / Journal
Enter Essay Contest	Wood Carving / Lathing	Wood Burning	Personal Goal Planning
Musical Instruments	Stock Trading	Plan a Party	Singing / Rapping
Lego	Cooking / Baking	Build Furniture	Glass Work
Jewelry Making	Sewing / Needlework	Costume Making	Model Building
Craft Book / Albums	Taking Apart Stuff	Leather Tooling	Candle / Soap Making
Aquarium Making	Science Experiments	Redecorating Room	Closet Cleaning

INDOOR GROUP ACTIVITIES

Hide and Seek	Charades	Pillow Fights	Role Playing Games
Story Telling	Magic Show	Name that Tune!	Book Club / Scripture
Dancing / DJing	Home Movie Night	Table Games	Cookie Decorating
Spa at Home / Beauty	Sing / Music Show	Dice Games	Jackbox.tv phone games

OUTDOOR STUFF

Film Making	Skateboarding	Build a Skate/Bike Ramp	Design an Agility Course
Horseshoes	Biking	Fishing	Water Balloons Toss
Mud Sledding	Tree house/ forts	RC Cars / Boats / Drones	Build/Fly a Kite
Gardening	Animal Shelters	Hiking / Walking	Photography
Festive Lighting Display	Target Practice	Chop Wood	Toss Ball Around

OUTINGS (as guidelines permit)

Online Church / Religious	Restaurant Take Out	Gaming Tournament	Geocaching
Horseback Riding	Activities with Friends	Camping	Kayaking / Canoeing
Volunteer	Online Shopping	Surfing / Beach	Museum / Zoo
Sell stuff online	Rock Climbing	Bouldering	Tubing

SPORTS (as guidelines permit)

Football	Soccer	Baseball/Softball	Hockey
Ice Skating	Field Hockey	LAX	Pool/Foosball/Darts
Bowling	Bacci Ball	Badminton	Basketball
Racquetball/Squash	Running / X Country	Gymnastics /Trampoline	Paintball/Airsoft
Tennis	Golf	Mix Martial Arts	Fencing
Crossfit	Frisbee Golf	Ultimate Frisbee	Weight Lifting
Archery	Volleyball	Foxtail	Wrestling
Track n Field	Historic Sword Fighting	Light Saber Guild	Boxing