

News from Joe Cabush & Associates

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No.3
May 22, 2020

Coronavirus tips for our friends, colleagues and clients

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Thank you to David Paul, our mindfulness expert, for leading a super successful and rejuvenating mindfulness workshop on May 2. Over 50 people signed up to zoom with us. It was lovely to see so many familiar and new faces.

Mindfulness Workshop: Saturday, June 6 @10:30-11:30am via zoom

Did you know? Meditation has been shown to help relieve symptoms of stress, anxiety, pain, depression, insomnia, and high blood pressure. In this next workshop we will explore **non-judgment**, a key practice in mindfulness. This interactive and experiential workshop will continue with guided and un-guided meditations in a caring, supportive zoom environment. No prior experience is needed to join. The cost for this one-hour interactive and experiential workshop is \$40.00. Space is limited to allow participants to have a more personalized experience. **To register please email David Paul:** dapack78@gmail.com

Feeling blue when everything is green?

As the weather improves, spring and summer come clearly into view, it may be a time where some folks actually feel some depression. There are social, environmental, and physical reasons for this. Don't hesitate to reach out to us for guidance - we are here for you.

Social – We may think that if everyone seems to be happier in the spring but we don't feel happy, this can make us think something must be wrong with us. This just isn't true. Depression can pop up at random times and we all are vulnerable to feelings of weariness and sadness when it seems that **other people** are happier.

Environmental - Pollen and **allergies** can impact our mood negatively due to inflammation. We may feel some anxiety when our breathing is a bit bothered by the pollen as well. Some folks have thought they may have COVID-19 because of asthma. It can be scary.

Physical – During the pandemic, many are struggling to keep a regular sleep schedule and are not getting enough exposure to the **sun's ultraviolet B (UVB)** rays. Getting some time outdoors after noon can boost your vitamin D. Good sleep is essential to healthy mood and brain functioning and keeping a schedule will help your mood.

Secrets to good sleep

Most of us have heard much on this subject but here are a couple of simple things to try. Keep your wakeup time as consistent as possible. Think of something fun that you enjoy and would want to get out of bed for such as coffeecake, a hot shower, a favorite TV show. Avoid long naps on a regular basis. Try using audiobooks to help lull you to sleep. Just remember how parents put their little ones to bed: cool, comfort, familiar books or stories, and bedtime routine. Also, use **blue light filtering glasses** when you're online.



Free Resources & Hotlines for Mental & Physical Health

Suicide & Self Injury Prevention

National <https://suicidepreventionlifeline.org/chat> or call 1- 800-273-8255

Northern VA Crisis Link at 703-527-4077 or text NEEDHELP to 85511

Montgomery County CALL/TEXT: 301.738.2255

Mental Health First Aid: <https://www.mentalhealthfirstaid.org/>

MH Screen: <https://screening.mhanational.org/>

Relationship Health: <https://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/>

LGBTQ Youth Talk, Text, Chat

<https://www.thetrevorproject.org/get-help-now/>

<https://www.qchatspace.org/>

Trans Lifeline's Peer Support: 877-565-8860

Teens Crisis Chat online with a specialist at CrisisChat.org or ImAlive.org

Runaway Hotline (800) RUNAWAY (786-2929)

Parent & Caregiver support for mental health <https://nami.org/help> 1-800-950-NAMI (6264) or info@nami.org

Free or low-cost counseling online <https://www.7cups.com/> or <https://www.betterhelp.com/>

Non-emergency: Confidential expert guidance on mental and physical health/resources

2-1-1 Virginia <https://www.211virginia.org/consumer/index.php> 2-1-1 Maryland

<https://211md.org/>

Parent Resource Centers – Public Schools

Fairfax County <https://www.fcps.edu/resources/family-engagement/parent-resource-center>

Montgomery 240-740-3000 or Email: ASKMCPS@mcpsmd.org

Loudon <https://www.lcps.org/Page/180053>

Alexandria <https://www.acps.k12.va.us/Page/397>

Arlington <https://www.apsva.us/special-education/parent-resource-center/>

Prince William http://www.pwcs.edu/academics___programs/special_education/parent_resource_center

Substance Use Helpline – 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>

Sexual Violence Victim Hotline 800-656-HOPE (4673) <https://www.rainn.org/>

Getting Consent <https://www.thehotline.org/healthy-relationships/consent/>

Abuse / Adverse Childhood Events <https://stopabusecampaign.org/faq-the-ace-study/what-is-your-ace-score/> **Men's Sexual Abuse Help**

<https://1in6.org/helpline/>

Human Trafficking Hotline (888) 373-7888 SMS: 233733 (Text "HELP" or "INFO")

Domestic Violence Hotline <https://www.thehotline.org> 800-799-7233

Developmental Disability REACH, VA 24-Hour Crisis and Referral Line 855-897-8278 <http://www.dbhds.virginia.gov/developmental-services/Crisis-services>

Veterans & Military Self Care <https://www.vetsselfcheck.org/welcome.cfm>

STD HIV AIDS Hotline Virginia: (800) 533-4148 National: (800) 232-4636

Poison Control 1-800-222-1222

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