



While Science Requires One Thing, Mental Health Requires The Opposite

Right off the bat, let me extend my hope that you and your family are finding your way through this challenging time with good health, support, and moments of joy and compassion.

We are all dealing with uncertainty, and as many have said...it is actually NOT good to be completely free of anxiety and worry right now.

Anxiety is designed to keep us safe in times of danger. While anxiety and worry often show up uninvited and create STORIES of danger and threat, this is the real deal.

If you are anxious, accept that as reasonable. No need to worry about why you're worrying. OF COURSE you feel this way.

We cannot get rid of worry. Eradication is not the strategy here (or ever, truth be told.) Which is, ironically, the exact opposite of what we do when scientifically tackling a virus.

While we should listen to the exact directions of the scientists protecting us from the virus, we must do the OPPOSITE with our families in order to protect our emotional health.

Distancing:

Necessary for a virus, but work to stay close in some way to those you love. For those in your quarantine space, hug and snuggle. Play. Light candles at dinner, For those far away, call, zoom chat, send a note. Yell from the sidewalk.

Elimination:

It's what we all want to happen with CoVid-19. But trying to eliminate your feelings and thoughts is not only impossible, it's problematic. You and your kids are going to feel all sorts of feelings. Own them. Empathize. Make space. Denying feelings backfires. What we resist, persists.

Tracking:

Again, apparently what scientists need to do more of to slow the spread. But YOU don't need to track every number, every statistic, every piece of data. Nor do you need to track everything your children are doing with their online learning. Space, people. Autonomy.

Staying Put:

We want to shut this virus down. We don't want to shut ourselves down in the process. Keep things moving...conversation, laughter, walks, sunshine. If there's one thing I recommend, it's physical activity. Exercise is a powerful antidepressant. It's vital in the treatment of anxiety.

Get you and your family moving. No excuses.

Lynn

This is the work of LYNN LYONS: <https://www.lynnlyonsnh.com/>

Lynn Lyons is a psychotherapist, author, and a global speaker on anxiety. She specializes in anxiety disorders in adults and children. Learn more about Lynn:

<https://www.lynnlyonsnh.com/about/>