

SELF-CARE DURING COVID-19

We are here for you

TAKE CARE OF YOUR BODY

- Eat three nutritious meals a day
- Work out
- Get 7 to 9 hours of sleep each night

KNOW THE FACTS, BUT LIMIT EXPOSURE TIME

Staying informed is important, but with so much new information on television and social media, it's important to set boundaries for when and how much news you read about the pandemic.

SET UP A WORK ZONE

Set up a comfortable, well-lit area and designate it for work or studying.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work thoughts.

TAKE UP A NEW HOBBY

Take this time to focus on hobbies you like or take up a new hobby like cooking, reading, painting, gardening, photography, or playing an instrument!

TALK WITH A THERAPIST

To talk with a therapist, call 409-762-8636.

If an urgent need arises, please contact our hotline at 1-888-267-4994.

If you are experiencing a mental health emergency, please call 911 or proceed to the nearest emergency room.

STAY CONNECTED WITH FRIENDS AND FAMILY

It is important during this stressful time that we talk with loved ones and stay connected. FaceTime, talk on the phone, text, e-mail or mail them an encouraging note.

Family Service Center's Team is back!



SUPPORT YOU CAN DEPEND ON

Returning to school during this time of uncertainty is stressful and scary. FSC is here to help you and your students through this transition as you plan for and return to school. Call on FSC today for any support and assistance needed.

FOR MESSAGES OF HOPE AND HEALING LIKE OUR PAGE!



@fscgalveston

FSC is a United Way Funded Organization

HOW FSC HELPS

- Support through Telehealth (video and telephone) counseling sessions or in-person sessions as needed.
- Tips to manage stress and your emotions during times of social distancing.
- Activities to help children.

Visit us at www.fsc-galveston.org

OR

Call us at 409-762-8636