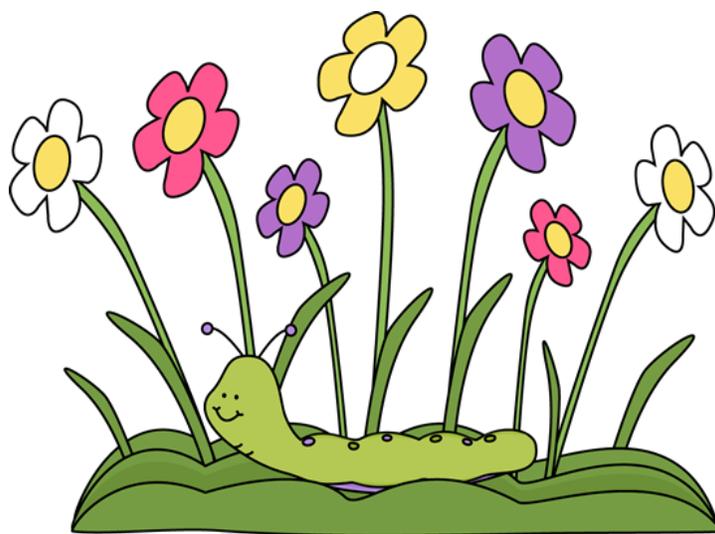




Spring Cleaning, Staycations, and Mental Health



Although we cannot predict the future, we do know that the pandemic is like a season and will not last forever. Remember that we are all in these trying times together, and only by supporting one another and taking care of ourselves, will we get through these different and difficult times. The Washington County Behavioral Health Board, Washington County Health Department, and Marietta/Belpre Health Department offer this brochure for hope and strategies to adapt in the coming Spring and Summer months.

Fresh Air and Sunshine are Hard to Beat...

"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also." – Harriet Ann Jacobs

Spring is a good time to think about the mental "clutter" like stress, anxiety, racing thoughts or negativity we might be holding on to. Prioritize your mental health and wellness while continuing in these unprecedented times of COVID-19. Spring and summer are continuing to look a lot different this year, but with the right coping strategies, we can all make the most of warmer weather.

The successful mindset for a happy spring and summer requires flexibility and a willingness to break out of old patterns and find new, creative ones. Combined with a little planning and self-care, you will be on your way to adapting and blossoming during the coming months.

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Spring Cleaning for Your Mind...

It's spring time and as the weather warms up, many of us are opening our windows to let in the fresh air and starting our spring cleaning. It's a great time of year to get rid of things we don't need. Spring is also a good time to think about the mental "clutter" like stress, anxiety, racing thoughts or negativity we might be holding on to.

Here are three things you can do to start letting go of this mental "clutter" just as easily as those old sweaters you donated to the thrift store:

1. Practice Mindfulness

- ✓ Mindfulness can help quiet your thoughts, relieve anxiety, and relax muscle tension. When you are stressed, it can be hard to focus on the present moment and if you have racing thoughts, the idea of meditation might sound impossible. Don't worry, just 5 minutes of quiet to focus on your breathing can prepare you to face the day or help you to have more restful sleep.

2. Move Your Body

- ✓ You don't need to be a fitness fanatic to enjoy the physical and mental benefits of movement. Moving your body is a wonderful way to release stress, boost your mood, and improve health.

3. Find Gratitude

- ✓ Studies have shown being grateful can help increase positive thoughts and attitudes helping us actually feel happier and enjoy better relationships. There are many simple ways to find gratitude, even for the things you may not think are great.

You will find with regular movement, mindful breathing and a regular gratitude practice your well-being will increase and you will reduce your anxiety, negative thinking and stress. Get started and clear out that mental clutter!



Mental Spring-Cleaning Checklist

Your first step: Remember that each day is a fresh start – just like spring.

- **Straighten out your priorities.** Ask yourself: “What’s most important to me?” “What’s most important for my recovery?” Is it self-care, support from family and friends, hobbies, relaxation? Taking time to answer these questions can help reduce decision fatigue and eliminate the mental clutter that comes with trying to decide where to place your time and energy.
- **Let go of a grudge.** Forgiving yourself or someone else can help clear away negative energy so you can focus on more positive aspects of your sober life. While it’s normal to feel anger and hurt from past events in your life, allowing these feelings to fill your heart can harm your emotional health and your recovery.
- **Sweep away self-criticism.** This can take some practice, but it is doable. Start by swapping negative self-talk with positive phrases like “I’m doing my best.” Try to remind yourself that life and recovery are about progress, not perfection.
- **Focus on your physical health.** A big part of sustaining your mental well-being is maintaining your physical wellness. This spring, vow to clean up your exercise and eating routine. For example, start your morning with a 20-minute walk, replace your soda habit with iced water, or swap sugary snacks for fresh fruit.
- **Write it down.** Journaling is a great way to sort, organize and declutter your emotions. In turn, you’ll free up some head space so you feel calmer, think more clearly and stay focused on your recovery.
- **Renew your spirit.** A few minutes of yoga, meditation, prayer or deep breathing is great for mental cleansing. These relaxation strategies can help you unwind, stay in the present, ignite your inner spirit and reduce the negative energy and thoughts consuming your day.



7 Self-Care Tips...

For many, the spring season means chores, spring cleaning, and taking care of household responsibilities. However, this leaves little time for taking care of oneself. Below are a few tips on practicing self-care during this spring season:

1. Regularly schedule time to engage in self-care activities, such as exercise, meditation, or a hobby you enjoy.
2. Practice gratitude for the people and events in your life. Consider keeping a gratitude journal or telling important people in your life why you appreciate them.
3. Tune into the emotions you are experiencing. Emotions may be positive, negative or a combination of the two. Call “time outs” for yourself and check-in on your feelings. Remember that you’re not alone with what you’re feeling. You can talk to trusted family and friends about it.
4. Try to understand why you might be experiencing negative thoughts or feelings. Are you expecting too much from yourself? Feeling overwhelmed? Give yourself the space you need to cope in those moments.
5. Monitor your stress level and notice what triggers your stress response. Is it certain people? Specific activities? Have a list of options you can do to relax for a few minutes. Perhaps this is taking a walk, doing a few minutes of yoga, watching a favorite movie or playing with a pet.
6. Be present. Practice mindfulness and meditation. This can include spending a minute or two being present in your environment. Take notice of the smells, sounds and sights of the holidays. Notice the differences between the holiday season and other times of the year. Mindfulness techniques can be more than quiet contemplation.
7. Take care of your physical health. Ensure adequate sleep. A nutritious diet is important: try to balance special holiday foods and treats with healthy eating. Also remember to social distance, wear a mask, wash your hands often, and stay home if you’re feeling sick.



Mental Health “Staycation” Ideas...

Mourning the loss of family traditions or vacations due to COVID-19 can cause grief of its own, too. However, there is also a place for resting and recharging at home. If your mental health is in need of a reset, try out these ideas for a mental health summer “staycation”.

- There is no housework or chores allowed while you are on a staycation.
- Enjoy a book or make time for an activity that you generally do not have time to do while working. Personal development books are encouraged to promote mental health.
- Indulge in your favorite foods. Balance your nutrition with healthy fruits and vegetables.
- Create some spa time. Spend some time pampering yourself.
- Try something new. A staycation is an opportunity to bust out of your daily routine and do things that make yourself feel good. Look up new parks or coffee shops that have outdoor space to post up for the afternoon.
- Reflect. Check in on your goals that you set for the year and if you are on track to reach them. Are your goals still relevant to what you want to achieve? Write your goals down in a journal!



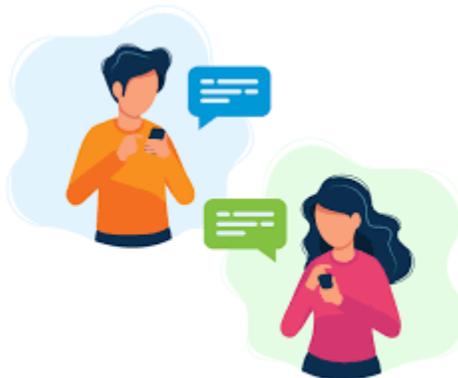
Students, Teens, and COVID-19...

This is the time of year when we're usually gearing up for end-of-year school celebrations — milestones that are part of our American culture and mark the promise of things to come. We recognize that students have had to give up more than just seeing their friends at school and their extracurricular activities. It is important to monitor our school-aged youth and check in on their mental health.

Some common changes to watch for include:

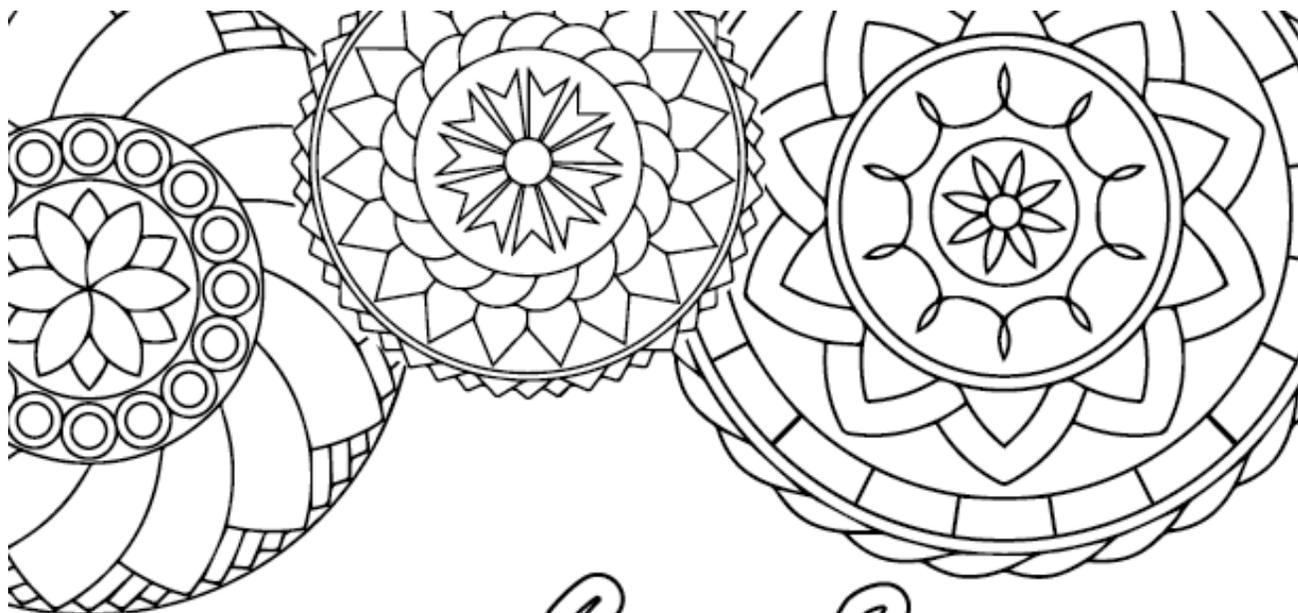
- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and "acting out" behaviors in teens.
- Poor school performance or avoiding school.
- Difficulties with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.

Reach Out for Help: **My Life, My Quit** is a free and confidential way for teens to quit smoking or vaping. Text "Start My Quit" to [855-891-9989](tel:855-891-9989).

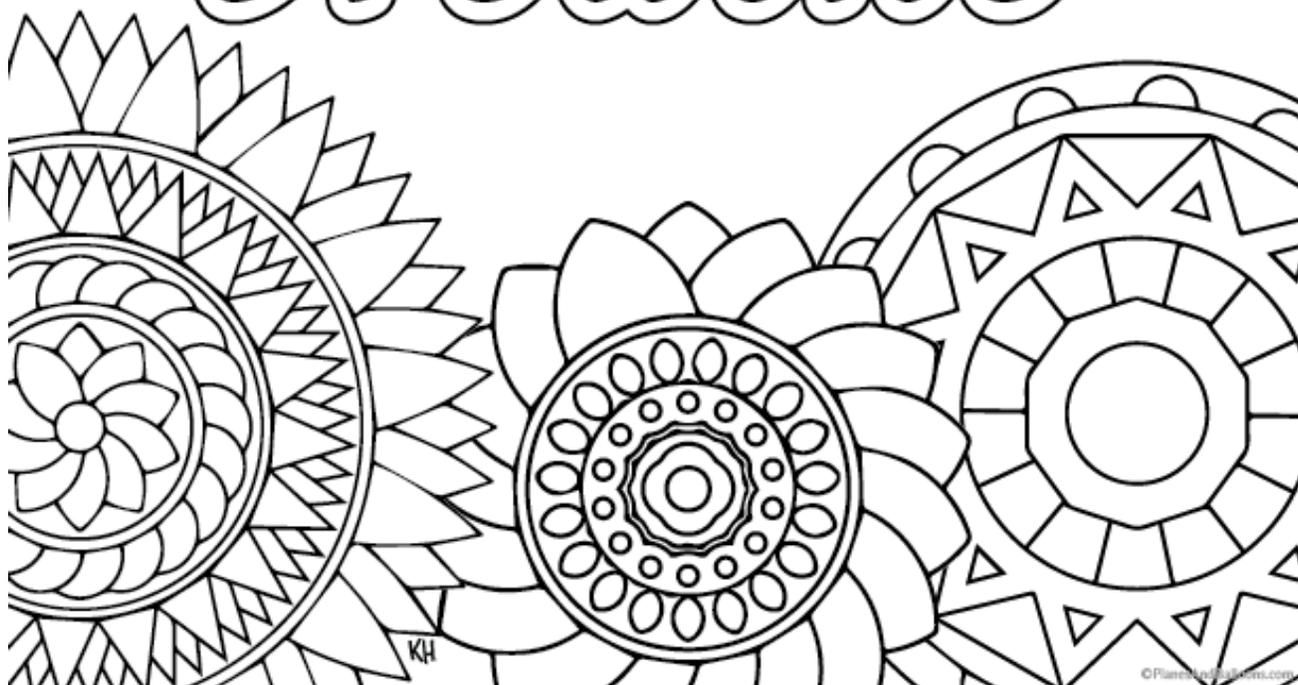


Coloring as Meditation...





*Just
breathe*



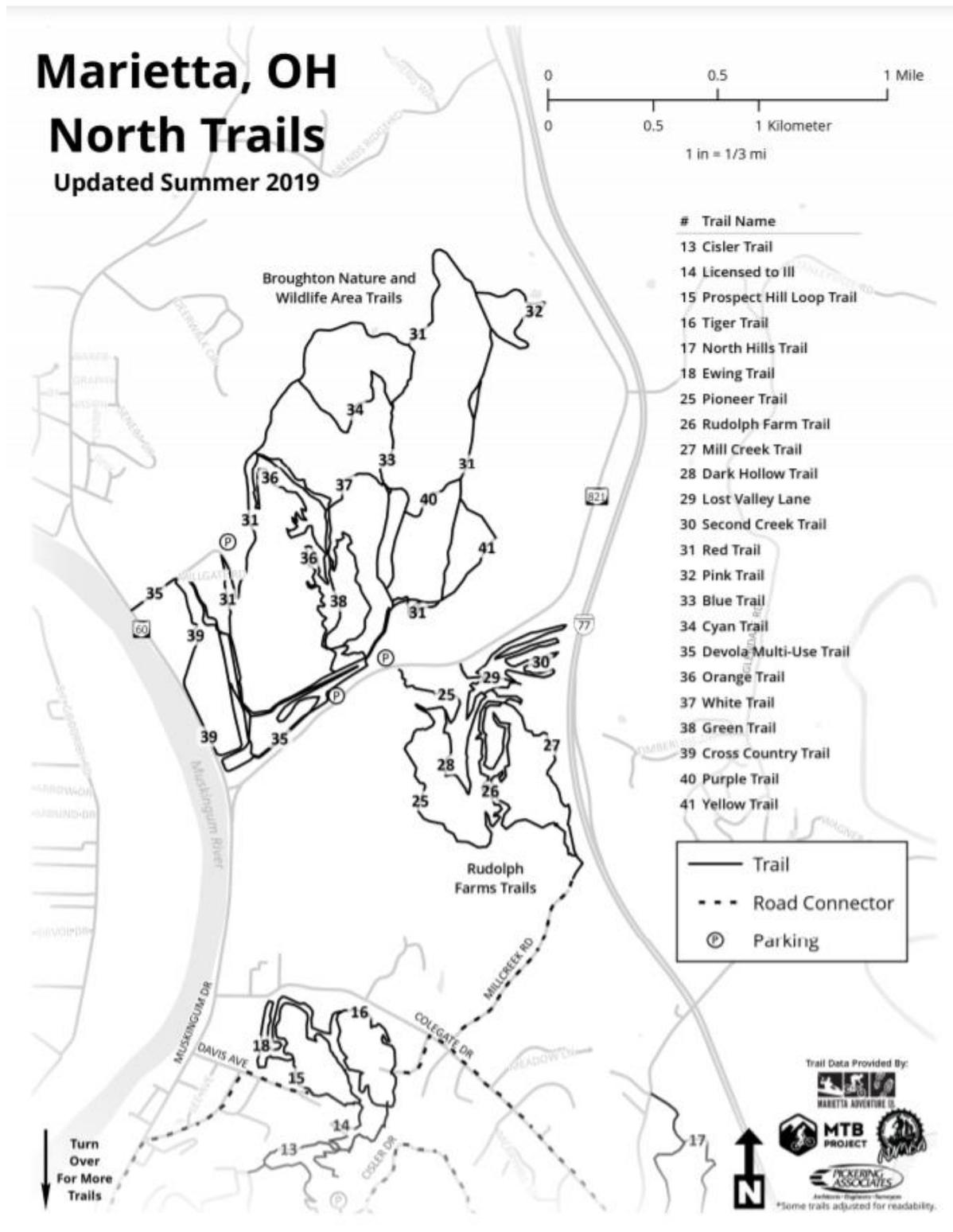
Tips for Individuals in Recovery...

As we have all discovered throughout recovery, we must plan ahead and stay flexible in order to respond to life's challenges while walking in sobriety. This includes a measured and sober response to summertime activities. Here are some tips for staying sober during the summer months that will help you keep your hard-won sobriety and continue on your recovery path without missing out on any fun.

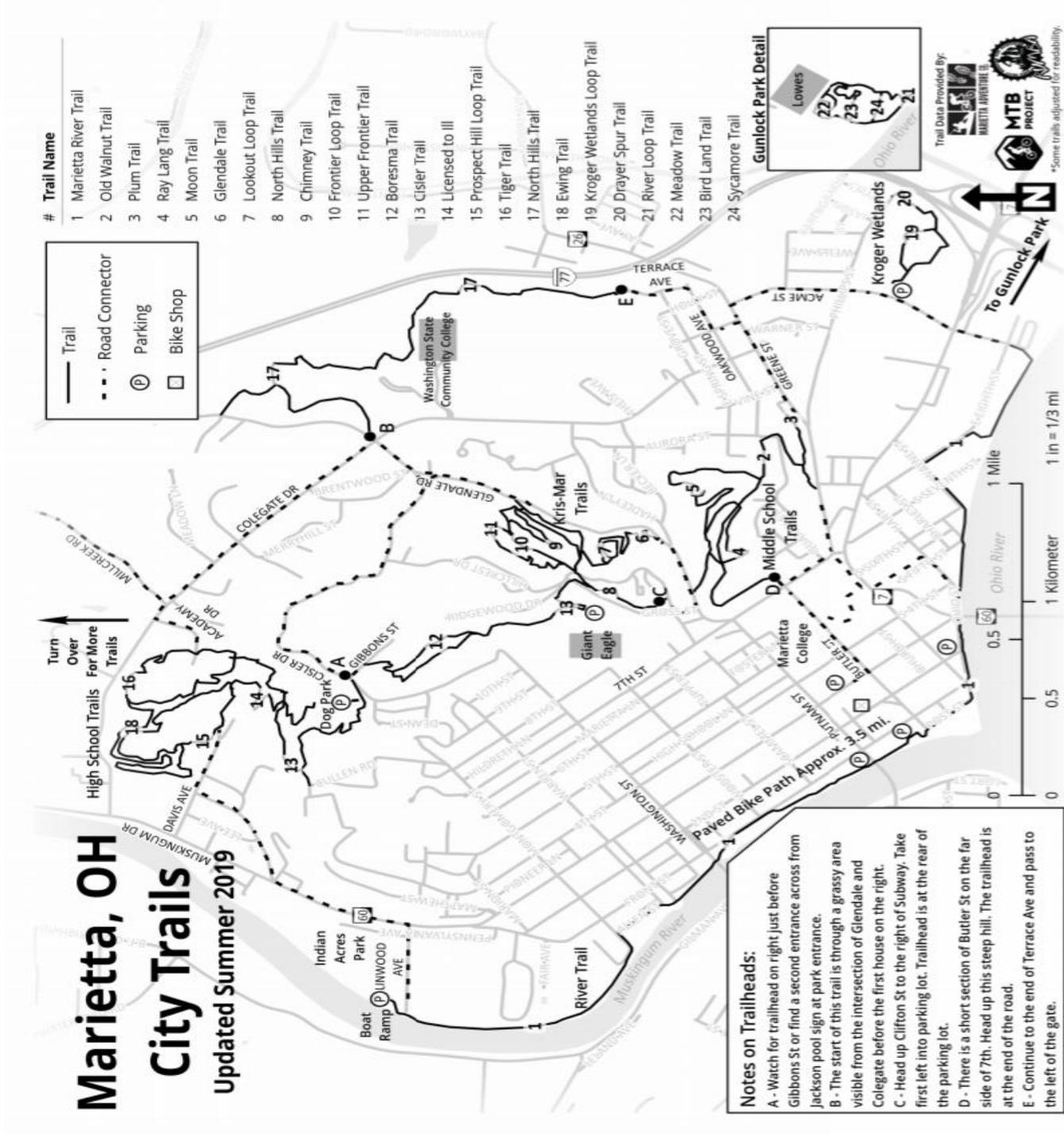
- Put your recovery/sobriety first.
- Surround yourself with others in recovery. If you're worried about how you'll behave at a party, ask if you can bring a friend. Then bring a sober friend. That way, you know you'll have at least one other person there who isn't indulging in alcohol or drugs.
- If you are in a 12-Step group, go to more meetings during the summer months if they are more challenging on your sobriety. If you are traveling, know that there are virtual support groups available.
- Plan ahead. Summer often involves parties and other occasions where alcohol is served. Consider bringing non-alcoholic refreshments so that you have your own tasty options at parties.
- Practice self-care.
- Make a plan and share it with your support system. Plans can include, an exit for stressful events, how to turn down a drink, or how to avoid a negative or hurtful family member. Consider attending stressful events virtually this year instead so that you have more control over who and what is around you.
- Remember - it is OK to say "no" to going somewhere that may threaten your recovery/sobriety.
- Ask for help and support when you need it.
- **Recovery Celebration Walk:**
 - September 18, 2021 at 9AM
 - Meeting at the Corner of Putnam and Front Street
 - Join us for information and freebies!
 - Follow us on Facebook, Recovery is Beautiful, for updates!

Local Trails for Walking & Biking

Exercise and fresh air are two great ways to relieve stress. Walking and biking is a way to be social and remain socially distanced at the same time! Check out the Marietta, OH North Trails and the City Trails on the next two pages.



Local Trails for Walking & Biking



CDC Guidelines for Pools and Beaches...

We are optimistically including this information on pool/beach safety in the hopes that public pools and beaches will be open this year. The Centers for Disease Control (CDC) released guidelines on how to safely visit places to swim, play and relax in water, including Beaches, water playgrounds, pools, and hot tubs.

Here is what to consider for reducing the spread of viruses when in public water areas:

- Distancing: Whether you're in or out of the water, stay at least 6 feet away from those you don't live with.
- Size and Behavior: Avoid crowded swim areas, beaches, pools, water playgrounds, and hot tubs where you cannot stay 6 feet away from others.
- Location: Outdoor is safer than indoor.
- Duration: Keep outings short.
- Sharing: Avoid sharing items such as towels, water toys, and supplies with people who don't live with you.
- Food safety: Consider pre-packaged individualized snacks or having each family bring their own meals. Limit trips to the concession stand or sharing snacks.
- General safety: Wear a mask when you are not in the water, keep distance from others, wash your hands often, and avoid touching common and high touch areas.
- Feeling ill? Stay home If you are sick or if you are at high risk due to age or underlying health conditions.
- Visit the CDC website for full healthy swimming guidelines:

<https://www.cdc.gov/healthywater/swimming/index.html>



The Boys & Girls Clubs of Washington County...

We believe every kid has what it takes. The mission and core beliefs of Boys & Girls Clubs fuel our commitment to promoting safe, positive and inclusive environments for all. Boys & Girls Clubs of America supports all youth and teens – of every race, ethnicity, gender, gender expression, sexual orientation, ability, socio-economic status, and religion – in reaching their full potential.

- ✓ Marietta Site – Call [740-373-4123](tel:740-373-4123)
- ✓ Belpre Site – Call [740-236-9993](tel:740-236-9993)
- ✓ For events visit - bgcwcoh.org/events
- ✓ Visit on Facebook – [Boys & Girls Clubs of Washington County](#)

The Right Path for Washington County...

The mission of the Right Path for Washington County is to promote healthy youth and we accomplish this through pro-social and community service opportunities for youth.

- ✓ Call [740-374-6990](tel:740-374-6990)
- ✓ For events visit – wcbhb.org/news-events
- ✓ Visit on Facebook – [The Right Path for Washington County](#)



Memorial Health System Wellness Center for 55 PLUS – Exercise for Seniors...

The Wellness Center offers a safe and comfortable atmosphere for those in our community age 55 and over looking for a place to exercise. Located on the Wayne St. Medical Campus in Marietta, the facility is easily accessible with plenty of convenient parking.

- ✓ Members pay a low annual fee of \$60
- ✓ Membership is FREE for Silver Sneakers participants!
- ✓ Provided with an individualized orientation to the facility upon enrollment.
- ✓ Our experienced team provides thorough instruction on proper use of equipment, and is available to give guidance on safe progression of exercise, assist with blood pressure monitoring, and provide general health and wellness education.
- ✓ Visit <https://mhsystem.org/communityoutreach>
- ✓ Call 740-568-5380



MEMORIAL
HEALTH SYSTEM



Reach Out if You Need Help, Resources are Available...

If you or someone you know is in crisis or if the symptoms of prolonged stress becomes too much, please seek help. You can get help from any of the following:

- Washington County Behavioral Health Board: [740-374-6990](tel:740-374-6990)
- Washington County Health Department: [740-374-2782](tel:740-374-2782)
- Marietta Belpre Health Department: [740-373-0611](tel:740-373-0611)
- United Way **2-1-1**: 24/7 basics needs hotline (has information for all local resources- mental health, addiction, housing, food pantries, transportation, childcare, etc.)
- Crisis Text Line: [text "4Hope" to 741741](text:4Hope)
- 24-Hour National Suicide Prevention Lifeline: [1-800-273-8255](tel:1-800-273-8255)
- 24-Hour Warm Line: [440-886-5950](tel:440-886-5950) Need a listening ear? Call the Warm Line, and a peer-supporter will listen and talk you through a hard holiday season.
- 24-Hour Line: [Text OPIOID: 898211](text:OPIOID)
- Washington County HOPE Suicide Support Group: [740-350-3365](tel:740-350-3365)
- OhioMHAS COVID Emotional Support Care-line: [1-800-720-9616](tel:1-800-720-9616)
- Youthline call [1-877-968-8491](tel:1-877-968-8491) or [Text TEEN2TEEN: 839863](text:TEEN2TEEN)
- Trevor Line (LGBTQ) call [1-866-488-7386](tel:1-866-488-7386) or [Text START: 867678](text:START)

Local Mental Health & Substance Use Disorder Treatment Providers

- Life and Purpose Behavioral Health (Marietta, Belpre, & Beverly, OH): 740-376-0930
 - *Walk-In Hours Monday through Friday 8AM-1PM*
- Rigel Recovery Services (Reno, OH): 740-371-5160
- Hopewell Health Center (Belpre, OH): 740-423-8095
 - *Call Mondays & Wednesdays between 8AM-11AM for available Walk-In Hours*
- Integrated Services for Behavioral Health (Marietta, OH): 1-800-321-8293



A Message from the Washington County Behavioral Health Board...

The Washington County Behavioral Health Board, and the public and private agencies we fund, seek to provide high quality and evidence-based programs. We strive to make Washington County a community that lives and breathes *Recovery is Beautiful*, we all have to be passionate about recovery and champion the benefits it provides individuals, their families, and our community. It is our commitment to support individuals in having control over their lives, their healthcare decisions, and their recovery. No other issues impact entire communities quite like mental illness and addiction do.

Stay Well,

The Washington County Behavioral Health Board



Connect with Us!

1115 Gilman Avenue, Second Floor

Marietta, OH 45750

Monday – Friday 8:00 am – 4:30 pm
Except for legal holidays



Phone: 740-374-6990

General Inquires: info@wcbhb.org



Recovery is Beautiful