

# Managing our mental health as we work through the COVID-19 Virus

1. Be kind to yourself, those we serve, and colleagues. Everyone is stressed, even if they're playing it cool. And that's OK. We're all living through unexpected and difficult times.
2. Acknowledge that the quality of our delivery of services will not be as good in alternative formats as it is in our customary ways. That's OK as well. We're all living through unexpected and difficult times.
3. Work to prioritize what you must accomplish and what can wait. These are not normal circumstances.
4. Stay in contact with clients and staff and stay transparent. Talk to them about why you're prioritizing certain things or asking them to do certain things.
5. Many of us are attempting to use technology that we have only been dimly aware of until yesterday. Be kind to our IT colleagues. They are suddenly really slammed. Thank them.
6. Lower expectations if you're using a new platform to communicate. Get folks used to just using the platform. Then you can do something with higher stakes. Remember that generationally, we learn and absorb technology at different paces. Practice self-awareness to be sure you aren't expecting others to have mastered what comes naturally to you.
7. Maintain your sense of humor.
8. While it is important to practice social/physical distancing that does not mean emotional distancing. Call, text, or email family, friends, co-workers, and colleagues. Think about asking a friend or colleague to go for a walk. Everyone, even introverts, needs social connection.
9. Show gratitude. Showing gratitude to others lets them know that their actions matter and encourages more of that behavior. Finding reasons to be grateful also produces multiple benefits for ourselves including better sleep, fewer health complaints, and feeling more connected to others.
10. Increase your own self-care: exercise, get adequate sleep, practice mindfulness, yoga or other relaxation methods.
11. JLAP recognizes that the rapidly-changing situation regarding COVID-19 is an additional stressor on top of the everyday stressors of life and practicing law, attending law school, or serving as a member of the judiciary, and we are committed to supporting you through these uncertain times. If you need additional support, please call 317-833-0370 to talk with a JLAP staff member. We are here to serve you.