



Public Safety Psychological Services

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Staying Sane In Insane Times – “Strength”

Noun “the emotional or mental qualities necessary in dealing with situations or events that are distressing or difficult.”

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “P”

Lift Heavy Things. Some of you may already incorporate strength training into your week. If you do, focus on lifting heavy this week. *If you don't, find something to do this week that is physically difficult and requires physical strength.* (Caveat: Please check with your doctor if you are under treatment for injuries, etc.). You don't have to go crazy with this. Even bodyweight exercises can increase your strength.

Goal: Spend at least 15 minutes three times this week doing something physically difficult. No weights? No problem – Hold a plank for a minute, followed by a one minute wall sit. Repeat five times.

Intellectual Health – the “I”

Develop strength of mind. Developing our intellectual strength requires exposing our brain to new and challenging situations. Variety is also key to maintaining neuroplasticity (a fancy word for maximum brain health). *This week, pick a random topic of interest that is challenging. Tackle* a really tough crossword or sudoku puzzle. Find a tough board (or video) game to play alone or with friends.

Challenge: Find something that is difficult to understand or something that requires intense focus. Read/Listen/Play for 15 minutes twice this week.

Emotional Health – the “E”

Remind yourself that you can get through hard times. 2020 has been an incredibly challenging time for all of us. *But here we are, making it through.* Humans have an immense capacity to get through tough times and when we feel like we can't do something, *we need to train ourselves to remember that we can.*

Goal: Recall at least one tough time in your life and write down how you got through it. Identify 1-2 skills that you had or developed during that time. Try to remember to use this skills in any challenges you encounter this week.

Spiritual Health – the “S”

Developing patience with yourself. Having faith in yourself and in something outside of yourself, e.g. “God” requires practice and patience. Don't forget to be patient with yourself as you deal with the day to day challenges that come your way.

Challenge: Consider your opinions around faith. Do you have faith that things will be ok? Meditate or pray on the following thought 5 out of the next 7 days: “I have all that I need in this moment.”

“You never know how strong you are, until being strong is your only choice.”

– Bob Marley



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Staying Sane In Insane Times –“PIES” for Kids and Teens

Strength noun ~ *“the emotional or mental qualities necessary in dealing with situations or events that are distressing or difficult.”*

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Physical Health – “P”

- **Do something hard!** Kids love to move. This week, get them to do something that requires their muscles. This can be easily accomplished at home by asking them to help with common house chores that require lifting. Or get outside and climb on something. *If your child is attending school from home, take a “strong break” at least once every two hours and have your child do squats, jumping jacks, planks and sit-ups.* Even 60 seconds of each exercise will get the blood flowing and help your child “reset” themselves for the next block of their day. If you have an older teen, encourage them to walk, jog and/or lift weights or complete body weight exercises.

Intellectual Health – “I

- **Learn new things!** Kids have an advantage over most adults as they are required to develop intellectual strength just by the process of being in school. This process of learning helps a person stay intellectually strong. *This week, spend some time asking your child to explain (in their own terms) what they are learning in their favorite class. Ask them to teach YOU what they are learning.* The process of teaching you (or other family members) will help solidify their own knowledge of the information and can help them recognize this strength in themselves.

Emotional Health – “E”

- **Remind your child that they can do hard things.** Find 10 minutes for each child this week. Make it a special time with them, maybe go for a walk to enjoy a sunny day along with their favorite beverage or snack. Ask them to tell you the hardest thing they have done this year (or this week if you have a little one). *Ask them to tell you how they were able to do that hard thing. Praise them for their “STRENGTH.”* If it is appropriate, find a story to read to them or get them a book about a person in history who was STRONG. Discuss what makes a person strong of mind.

Spiritual Health – “S”

- **Have your child identify a “stretch goal.”** *Ideas:* Doing a cartwheel, running a certain distance in a certain time, reading 100 pages in a week, making the perfect cookie, etc. *Help them develop a plan to achieve their goal.* Discuss the concept of having faith in themselves that they can work toward their goal a little bit every day. Have them record their progress toward their goal. *Praise them for their faith in themselves.*

We gain strength and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.~ Eleanor Roosevelt