

Coping with Stress and Isolation:

As a result of the “Stay At Home” orders, many of us have found ourselves confined to our homes more than normal. There are some resources for dealing with Stress and Coping listed below. Please review them and share them with anyone you may think is in need.

Pray As You Go is a daily prayer session to help you pray whenever you find time. A new prayer session is produced every day of the work week and one session for the weekend. Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection to help you to help you become more aware of God's presence in your life, listen to and reflect on God's word, and grow in your relationship with God.

<https://www.pray-as-you-go.org>

The Missoula community has come together to create a list of resources on the community.

COVID-19 Website

http://covid19.missoula.co/mental-and-behavioral-health/?fbclid=IwAR0g82GwNqrmHfrkAQxkqnDqq8Ov88UOB9Qb0_WaXCh1EkEYVjCETAxExU

Please review the resources yourself and share them with anyone you may think is in need.

Additional Resources:

CDC – Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Relaxation Techniques

<https://www.mdlinx.com/physiciansense/use-these-clinically-proven-methods-to-relax-quickly/>

Combat Your Anxiety, One Step at a Time

<https://www-nytimes-com.cdn.ampproject.org/c/s/www.nytimes.com/2017/12/21/smarter-living/how-to-combat-your-anxiety-one-step-at-a-time.amp.html>