

MENTAL AND EMOTIONAL SUPPORT FOR EBENEZER

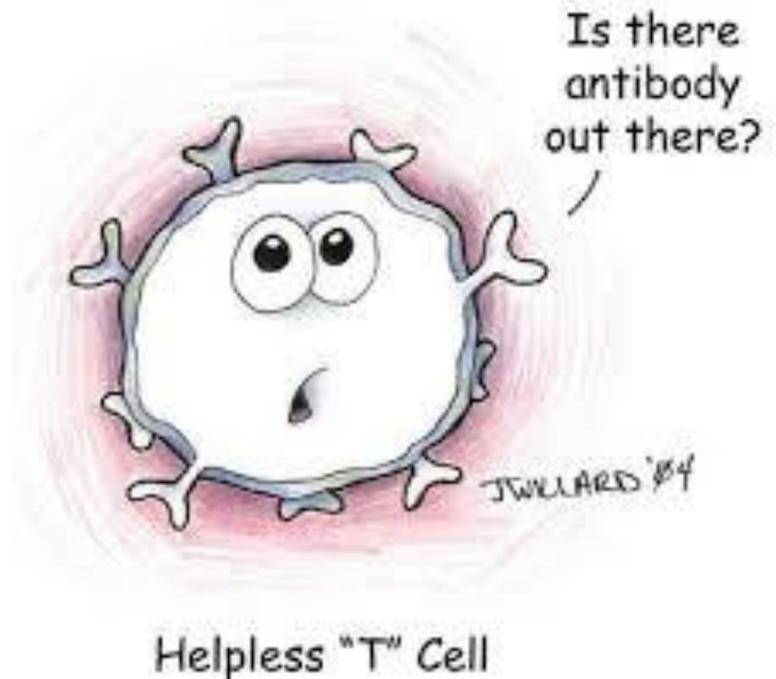
HELPLESSNESS

WHAT TO DO WHEN YOU ARE FEELING HELPLESS

"THE VERY DEFINITION OF TRAUMA IS WHEN SOMEONE IS IN A SITUATION WHERE YOU CANNOT DO WHAT YOU ALWAYS DO, YOU ARE RENDERED HELPLESS" -BESSEL VAN DER KOLK, MD

WHAT IS HELPLESSNESS?

Feeling helpless can have an extremely negative effect on our mental health. Helplessness is feeling that you're not able to do anything to change the situation. Right now many of us are under a cloud and overwhelmed with feelings that there is nothing we can do and we don't know when things will change. When people are traumatized we live in an endless sense of helplessness. Bessel Van der Kolk, MD explained further that, outside of ourselves everything is unpredictable. This beautifully reiterates the importance of realizing that all we can control is ourselves.



WHAT DO WE HAVE CONTROL OVER? OUR ACTIONS AND REACTIONS! HERE'S HOW!

- Organize your day with things you can do.
- Create structure in your day by setting times to do things even if mundane tasks.
- Set boundaries around what you will do in your day and what you will not.
- Make time for physical exercise and move your body.
- Get boring! Our brains need routine to feel predictable and safe.
- Find things in your day that are predictable like a good cup of coffee; predictability creates trust and safety.
- Focus on what is happening right now, right in front of you. Be present!

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TAKE ACTION

Kara Garvin has shared that in stress inducing situations it can make a big difference to feel like you're taking action to help!

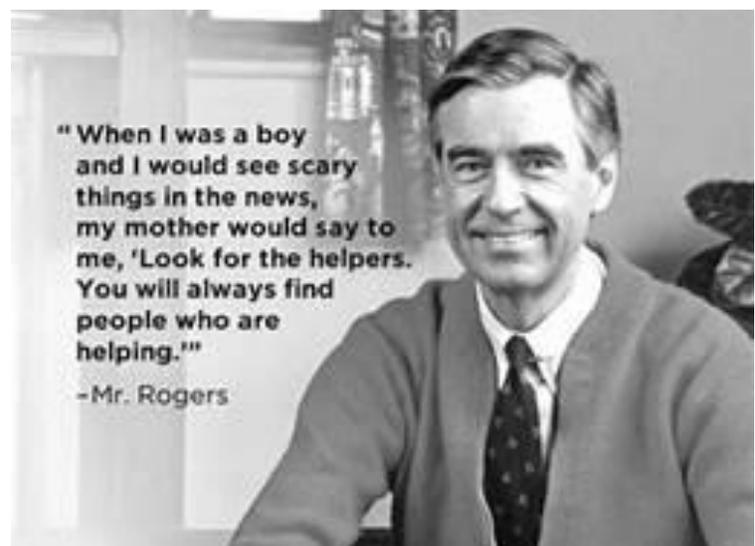
By helping others, you will be helping yourself!



This is an unusual time for all of us, but it's a time when we can channel our worry and uncertainty into real actions that can help our friends, our neighbors, our community and ourselves," said Alfreda Rooks, M.P.A., director of [Community Health Services](#) for Michigan Medicine.

THINGS YOU CAN DO:

- Help bring items to people that need to stay at home
- Bring technology or offer technology support to those who are in need
- Connect with nature; go for a walk or explore areas nearby!
- Reach out to local organizations to find ways to support those in need including people and animals.
- Give blood (if you're able)
- Engage in art, music or exercise to have a mental break from day to day tasks; distract yourself and relieve stress
- Practice kindness, understanding and patience. Find quotes that inspire you and post them around.
- Be there for people, listen to them (bonus- they might listen to you too!)
- End conversations; "How can I be helpful for you?" or "is there anything I can do for you?"
- Write down meaningful things and ways that you think you have had a positive impact



HELPFUL HINT: START SLOW! TRY ONE OF THESE A WEEK!

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