



In The News Fun Alternatives

As peers you may have already made adjustments in your life to find alternatives for behaviors that you wanted to change. For instance, maybe you always drank when being social with friends and now, instead of drinking, you may play games, have a conversation, or go for a walk. As we struggle to adjust to the current situation it requires us to be flexible so that we can continue to flourish personally and professionally.

Below is a framework to evaluate and find alternatives for fun!

1. List/define the activity that you want to do.
2. Review if this activity is open/available based on the reopening plan. If it has been reopened, evaluate if you feel comfortable engaging based on the known risks.
3. Come up with a list of other activities. This can be completed even if the activity you want to engage in is available and you feel comfortable as it might encourage you to stretch and try something new. This list may have similar activities, for instance, if you want to go to the movies but do not feel safe doing so, you can possibly stream the new release at home. Additionally, you may just do something different and use as it an opportunity to try something new.

Being flexible and creative in finding alternatives may lead you to experience new places and try new things.

The following is a brief list of activities that may be “new” to you.

1. Go for a walk
2. Go for a hike
3. Have a picnic in your yard or at a park with friends
4. Go to an outdoor movie
5. Grill out at your house
6. Stream a movie at home
7. Try a new craft
8. Take a drive to a new area
9. Play a board game
10. Try a new hobby

Try something new...maybe you will find something you really like and after all, you've tried new things before!

Self-Care Corner

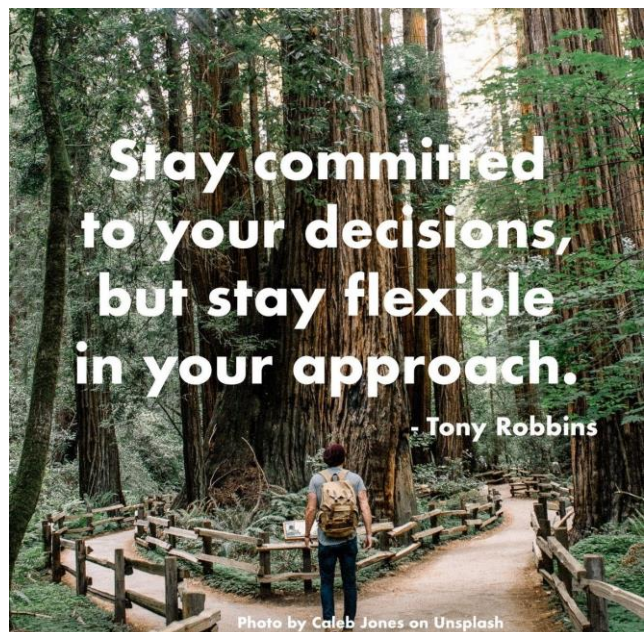
As communities across the country have begun reopening there have been alarming spikes of new COVID-19 positive patients and in some areas, increased rates of hospitalizations as well. This can be confusing and scary as you consider what is safe for you and your loved ones.

According to the CDC you should still be following the guidelines to remain safe and healthy:

- Wash your hands often
- Avoid close contact
- Cover your mouth and nose with a face cloth when around others
- Cover coughs and sneezes
- Disinfect
- Monitor your health

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

It is also important to remember that it's okay to do what you think is best for you and your loved ones, even if that is not what others may be doing. You can say no to an invitation and don't have to provide a justification...be gentle and kind to yourself!



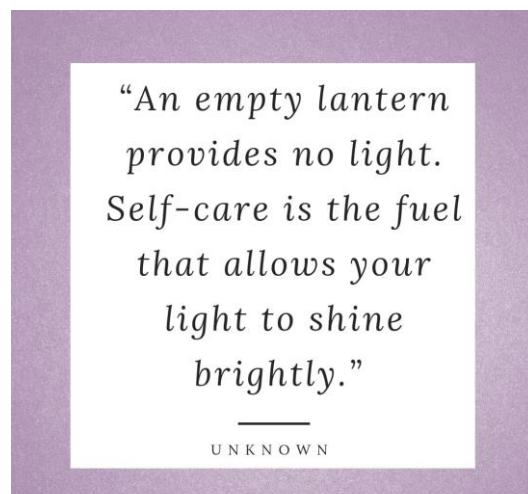
Coach-Connect

In this weeks Coach-Connect we would like to highlight Simone Reid, a Peer Recovery Coach in the Reverse the Cycle program at UMMS Prince George's Hospital Center.

At the start of the pandemic, Simone reported feeling overwhelmed with working in the ED as she feared bringing the virus home to her family. Although she considered quitting, she instead decided to take a brief break which provided her the opportunity to focus on her own needs and improve her emotional health. Simone reports that even though she was struggling with her anxiety and depression, she had to try and do things that were good for her...even though she may not have done them before. For Simone, this meant "I had to pick myself up and force myself into the sun!! People always told me sunlight would help but, I never took heed until I had this down time during COVID-19, it worked!!

Simone considered not coming back to work as a coach but worked on these feelings with her therapist and stayed in contact with her co-workers while she was off. Although she wanted to continue her rewarding work as a coach, Simone was worried about coming back. Thankfully, her transition back to the ED was positive, Simone notes, "I can honestly say my first day back wasn't bad and these last few weeks have been great!! We have a bigger office, proper PPE and the rest of the ER staff makes sure we're all good too!! I can say I love my job as a Peer Recovery Coach and I'm exactly where I'm supposed to be!"

Simone is a valuable Peer Recovery Coach and we are so pleased she took the time to take care of herself!



Do you want to submit something to be featured in the Mosaic Minute? *Let us know!*

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