

You may be feeling the weight of the ambiguity, loss and change our world is experiencing through COVID-19. First, it is important to recognize these feelings are normal. You're not alone in what you are feeling.

Environmental stress, personal loss and grief are major contributors to feelings of anxiety and depression. We are all facing a form of crisis and trauma. How we adapt and live will answer the question Pastor Todd asked each of us to answer. "At the end of this season, what do you want your story to be?"

Take a moment to review this short list of practical ideas and resources. If you are feeling the heaviness and anxiety of recent events, please don't hesitate to reach out for help. Pastors and staff at The Mount are here for you.

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Practical steps you can take today:

Remember, this is just a season.

- COVID 19 is only a season. All seasons have a start and a finish. Put these changes in perspective and focus on what you can affect today.
 - **2 Corinthians 4:16-18**, *"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."* (NIV)

We all need community.

- Be proactive and intentional to reach out to three people today:
 - (1) Someone you can bless or serve; (2) Someone you trust in whom you can confide and discuss how you are feeling; and, (3) Someone you haven't called in a long time.
 - Remember, we are limited in gathering and asked to be intentional in going out. *We are NOT ASKED to socially deprive.*
 - **Genesis 2:18**, *"God said, 'It is not good for man to be alone.'" (NIV)*

Be intentional: Physically, Spiritually and Emotionally

- Create a new pattern to intentionally feed your body, mind and soul - Worship, read scripture, journal, eat a salad, finish a project around the house, go on a walk or dust off the treadmill. You decide; but do something for each part of you.
 - **Psalm 118: 24**, *"This is the day the Lord has made, let us rejoice and be glad in it."* (CSB)

Resume or begin a personal time with God

- Pick a time of day and protect it.
 - Have quiet time with God at least 5 times a week. Set yourself up for success by beginning with 15 minutes. You'll be amazed how that time will grow and how much you look forward to it!
- Pick a place with privacy.
 - Maybe it's a room or even just a specific chair. It's YOUR place. While you are there, you should be undisturbed.
- Pick a plan and proceed.
 - The You Version Bible app has biblical reading plans dealing with anxiety, depression, grief, crisis and trauma: <https://www.youversion.com/the-bible-app/>
 - Read 5 Psalms per day for a month or read through the Gospels.
- Start!

Turn off the TV

- If you find yourself glued to news, STOP.
 - Get your updates throughout the day, but a constant stream of negativity will feed depressive or anxious thoughts and ideas.
 - **Philippian 4:8, “*Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.*” (NIV)**

Emergency Community Resources (Confidential 24 hour/7 assistance)

Rappahannock Area Community Resources

- 540-373-6876
- <https://rappahannockareacs.org/www.rappahannockareaCSB.org>

Snowden at Fredericksburg

- 540-741-3900
- <https://www.marywashingtonhealthcare.com/Our-Services/Brain-Health/Behavioral-Health.aspx>

National Emergency Resources (Confidential 24/7 assistance)

Suicide Prevention Lifeline

- 800-273-8225
- www.suicidepreventionhotline.org

Substance Abuse & Mental Health Services Administration (SAMHSA)

- 800-622-4375
- <https://www.samhsa.gov/>