

The Mirror's **VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE** Guide To Good Health

Coping With Stress And Anxiety Starts With Awareness

BY ANGIE SWONGER
 MOVING FORWARD
 COUNSELING SERVICES

During this time of uncertainty surrounding COVID-19, we are thankful for reliable information and education addressing ways to remain safe and physically healthy. As we are experiencing emotions such as stress, anxiety and panic, we also need reliable information and education to address our mental well-being.

In the past month, you may have experienced some of the following American Psychiatric Association-defined indicators of stress:

- Excessive worry.
- Restlessness, irritability, difficulty concentrating.
- Muscle tension, sweating, chills, trembling, shaking.
- Abdominal distress.
- Shortness of breath, accelerated heart rate.
- Light-headedness.
- Fatigue, sleep disturbance.

If you are experiencing these stress indicators, you are not alone. Around the world, concern about the coronavirus is having a negative impact on mental well-being. You may find yourself worrying about feasible concerns such as your health, the health of loved ones, financial difficulties and purchasing necessities.

Meanwhile, you may also

be concerned about uncertainties, such as the duration and aftermath of the virus. You may begin to experience unfamiliar emotions of frustration, anxiety and depression.

Please, do not view these feelings lightly. Ignoring them could leave you feeling drained and devastated, which can affect your physical health.

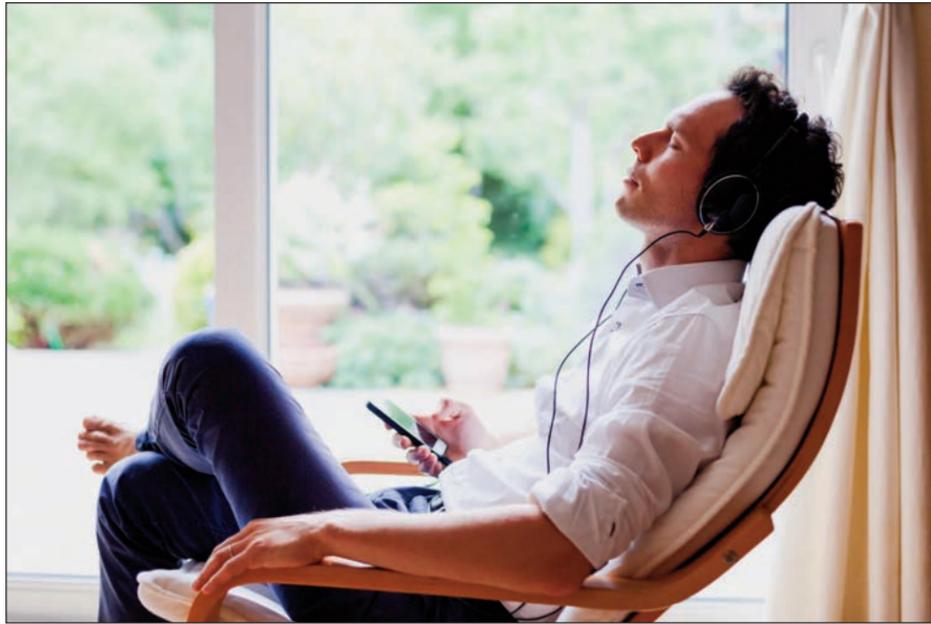
Be Aware Of Stress And Begin To Cope

Actions being advised for our physical health and safety, such as social distancing and keeping updated through media, can be harmful to our mental health if we neglect to add some positive coping methods. Pause throughout the day to take account of how you are feeling and what your body is telling you. Practice meta-cognition – thinking about what you are thinking about.

Immediate methods to alleviate stress:

- Limit your news and social media intake. While it is important to stay current with ongoing information, be mindful of the frequency and source of the information. Ask yourself, “Is it time to pull my eyes away and focus on something I enjoy?” and “Is my news source trustworthy?”

Dr. Amy Acton, director of the Ohio Department of Health, recommends, “Get



One calming method for alleviating stress: listening to music or audiobooks. Coping with stress starts with awareness, explains Angie Swonger, a licensed professional counselor in Waterville.

information to help you prepare and respond, but don't overwhelm yourself and your family with information.”

- Exercise. Go for a walk. Skip, run or jump rope. Benefits of exercise include stress reduction and a more positive attitude about yourself and the world.

• Do something you have been meaning to do. If you are required to stay home, remind yourself that this is a temporary modification of your usual activities. Use this time to catch up on trainings, learn a new skill or begin a home project. Focus on what you can accomplish.

- Journaling. Jot down your thoughts connected with COVID-19, the moments for which you are grateful, the things that are annoying you, prayers, how you are productively coping

and even how you are not coping well.

Calming methods to alleviate stress:

- Breathing. Sound easy? It is! When you begin to feel tense, take a moment to

breathe. “Square breathing” can bring fresh oxygen to your brain, restoring productive thinking. Begin by breathing in through the nose for a slow, mental count of five. Hold that breath for a count of five. Release the breath through pursed lips for a count of five. Continue releasing the breath for a further count of five. Pause, then begin again, going through the square five times. As you become comfortable with the pattern, raise your arms as you breathe in, and lower your arms as you breathe out.

• Progressive relaxation. Lying on your back, eyes closed, slowly tense and then relax small muscle groups, one area at a time, beginning with your face and ending with your toes. You will become aware of tense areas. Systematically release the tension, thus releasing the stress.

- Use headphones for auditory calming. Escape

(continued on page 6)

Great care in your neighborhood.

WELL CONNECTED.

When it comes to your health, quality matters and so does convenience. We know local care is better. That's why ProMedica Physicians are available in your area. With ProMedica, you're connected to the region's leading hospitals and a wide variety of continuing care services.

These internal medicine physicians are accepting new patients ages 14 and older to provide preventive care including routine check-ups, immunizations and screenings.

Call today to schedule a same day appointment at their new Waterville office.



Amer Arshad, MD



Samer Obri, MD



Amjad Shidyak, MD

PROMEDICA
 PHYSICIANS

promedica.org/doctors

ProMedica Physicians
 Defiance Internal Medicine
 1091 Pray Blvd.
 Waterville, Ohio 43566
419-784-2776



**There's a severe
 blood shortage.
 Healthy donors needed.**

Schedule now at
RedCrossBlood.org



**American
 Red Cross**



**Dental Health Associates
of Whitehouse**

Where it Never Hurts to Smile!

New patients who mention this ad will receive
\$75 off their first out-of-pocket expenses!

5934 Finzel Road, Whitehouse • 419-877-0382
(Across from Anthony Wayne High School)

— Established in 1981 —



Cyclewerks

Three Locations To Serve You:



Whitehouse
6760 Providence St.
419-877-1000

Bowling Green
248 S. Main
419-352-9375

Sylvania
7510 New West Rd.
419-517-7577

www.shopcyclewerks.com



Invision Mobile Optical

Mobile optical services at your
office or home.

We come to you!

Specializing in all types of personal
eyewear. Designer frames, custom lenses,
safety/sport eyewear and sunglasses.



CATHY BIGLEY
Licensed Optician

419.770.9232
cbigley@invisionmobileoptical.com
www.invisionmobileoptical.com

The Mirror's

Guide To Good Health

COMING SOON!

**Publication Date:
Thursday, April 9**

Deadline: Monday, April 6

**For advertising information,
contact Mike McCarthy at:
419-893-8135**

Fax: 419-893-6397

Brought To You By:
THE MIRROR
NEWSPAPERS

113 W. Wayne St.,
Maumee, OH 43537
www.themirrornewspaper.com




HEALTH CARE CALENDAR

Annual Blood Analysis Program Set In April

The 16th annual Blood Analysis Program, co-sponsored by Wood County Hospital Foundation and the Bowling Green Chamber of Commerce Foundation, will take place on Saturday, April 25 from 7:00 to 11:00 a.m.

This comprehensive blood analysis screening is for multiple health risk indicators, including but not limited to blood sugar, blood count, kidney function, electrolytes, liver function and lipid profile, and requires a 10-hour fast. Cost of the testing is \$50.00 for BG Chamber investors and \$60.00 for non-investors.

The results of this fasting blood test should be used as a guide to determine your current health status and should not take the place of routine physicals. Although normal ranges are listed, only you and your physician can establish what is normal for you. A report providing all test results will be available through your portal at Wood County Hospital or sent to your physician.

Proceeds from the event will go to support the Bowling Green Chamber of Commerce Foundation and the Wood County Hospital Foundation scholarship funds.

Appointments are required. Call the chamber office at (419) 353-7945 to schedule an appointment. Registration will be taken until Wednesday, April 1, or until all available appointments are filled. Prepayment is required at the time of registration by form of cash or check.

Double ARC Offers Online Parent Support Group

Double ARC Center for Fetal Alcohol Spectrum Disorders (FASD) and A Renewed Mind offer an online parent support group for parents and guardians of children with FASD on the second Tuesday of each month from 7:00 to 8:00 p.m. and the fourth Monday of each month from 10:30 to 11:30 a.m.

The free support group is facilitated by FASD specialists to give parents time to vent about the trials and tribulations of raising a child affected by prenatal alcohol exposure and to give them strategies to cope with different situations

Parents can join the meeting online from a desktop, laptop, tablet or smartphone; or join with a phone call. Visit www.doublearc.org to sign up and for more information.

Alzheimer's Association Operates Free Helpline

The Alzheimer's Association, Northwest Ohio Chapter, operates a free helpline 24 hours a day, seven days a week in 140 languages. Staff is available to help with questions about Alzheimer's disease or memory loss, medications and treatment options, brain health and care options, caregiving tips and respite care options, services available in the community and/or referrals. The toll-free number is (800) 272-3900. The association is also available online at www.alz.org/nwobio, or e-mail alzheimersnwo@alz.org.

★

Deadlines are at 5:00 p.m. on each Thursday prior to the following Thursday's publication. All items will be used solely at the editor's discretion.

Harbor Continues To Offer Services To Community Amid COVID-19 Crisis

Harbor will continue to serve the community during the COVID-19 crisis. Therapy and case management services will be provided via telephone and video to clients in their own homes.

Harbor has been providing telehealth services to clients for eight years, completing over 50,000 virtual services in the last 12 months. This telehealth platform allows Harbor to expand tele-psychiatry and tele-therapy service delivery to continue to provide critical services to clients.

Beginning this week, the following services will operate accordingly:

- Therapy and case management services for mental health and substance use disorder will be provided in-person, by telephone and/or by video.
- Medication-assisted treatment will continue to operate from Harbor locations at 3909 Woodley Rd., Toledo, and 1010 N. Prospect St., Bowling Green.
- Ambulatory detox will continue to operate from the Harbor location at 3909 Woodley Rd., Toledo.
- Long-acting injections will continue to be offered at Harbor locations at 3909 Woodley Rd., Toledo, and 1010 N. Prospect St., Bowling Green.
- Primary care will continue to operate from Harbor locations at 3909 Woodley Rd., Toledo and 1010 North Prospect St., Bowling Green.
- Vocational services will continue to be provided.

Harbor will continue to ensure access to care for new individuals in need of mental health or addiction services as well as current clients. For more information, call (419) 475-4449 or visit www.harbor.org.

Dealing With Anxiety

(continued from page 5)

through music. Dream along through an audible book. Are you supposed to be on vacation right now, at the ocean, mountains or a favorite city? You can listen to sounds connected with these places via the internet.

- Do what you enjoy. Boredom can be stressful. Alleviate it through games, movies, radio and podcasts. Plan your spring garden. Try a new recipe. Take part in hobbies you enjoy while observing safe practices.

Supportive ways to alleviate stress:

- Talk. While maintaining safe boundaries, be mindful of the human need for community. If there are others in your household, rejuvenate these relationships through conversation. A pet is also a good listener. For relationships outside the household, phone calls and virtual face-to-face apps allow for safe and meaningful interaction. If these are not an option, call the Disaster Distress helpline at (800) 985-5990 or text "TalkWithUs" to 66746.

- Contact a professional for counseling or spiritual intervention. We all need help while working through life's challenges, and what we are enduring now is a challenge. When you seek help, know that you are taking a courageous first step. As face-to-face sessions may be temporarily unavailable, many counselors and religious leaders are available via telephone and telehealth measures.

Proactive ways to alleviate stress:

- Stay healthy. Get a good

night's sleep, eat in a health-conscious manner and stay hydrated. Avoid self-medicating with alcohol, drugs, overeating and tobacco. Seemingly quick fixes can exasperate already tenuous conditions.

- Practice positive thinking. Replace self-defeating thoughts with hope-filled, helpful thoughts. It's not about deceiving yourself or living in denial. It's about bestowing upon yourself the gift of compassion. Reframe a negative thought with a positive, then see how you begin feeling about yourself and the world.

- A mental health assessment. This step is as important as a physical assessment. An assessment is available online via Mental Health America's screening tool. Visit <https://screening.mhanna-tional.org>.

Now that we have explored ways to effectively cope with stress associated with COVID-19, a good way to apply those that work best for you is to write them out, then put this list in a place where you will see it often. Write an immediate way you can alleviate stress, a calming way, a supportive way and a proactive way. Having a plan, referring to it often and implementing your chosen steps are sure ways to develop healthy coping skills that will become healthy life patterns beyond COVID-19.

★

Angie Swonger is a licensed professional counselor with Moving Forward Counseling Services in Waterville. The center is offering half-off services through April.

Social Distancing Tips: 15 Ways To Stay Both Sane And Safe

Practicing social distancing to mitigate the COVID-19 pandemic may sound scary or impossible to do, but there are ways to appropriately handle the process, according to Jagdish Khubchandani, a health science professor at Ball State University.

The Centers for Disease Control and Prevention has issued guidelines to limit the spread of COVID-19 that include recommendations for social distancing, a term epidemiologists use to refer to a conscious effort to reduce close contact between people and hopefully stymie community transmission of the virus.

“Social distancing can be tough on people and disrupt the social and economic fibers of our society,” Khubchandani said. “Given the existing crisis of isolation in societies – with probably the loneliest young generation that we have today – social distancing can also take a personal health toll on people, causing psychological problems, among many others.”

Khubchandani recommended 15 ways to counterbalance the effects of social distancing:

Maintain a routine. As much as possible, social distancing should not disrupt your sleep-wake cycle, working hours and daily activities.

Make social distancing a positive by taking the time to focus on your personality and personal health, reassessing your work, training, diet patterns, physical activity levels and health habits.

Carve time out to cook for yourself and others in need. Add more fruits, vegetable, vitamins and proteins to your diet (most adults in the United States do not consume enough fruits and vegetables). Get 2-3 meals a day.

Go for a walk or exercise at home. Definitely go out in nature as much as possible. Only half of American adults today get enough exercise.

Do not let anxiety or being at home lead you to indulge in binge eating or alcohol and drug use. Don't oversleep, but do sleep at least seven hours. A recent study found that more than a third of Americans sleep less than seven hours.

Social distancing can cause anxiety and depression due to disruption of routines, isolation and fear due to a pandemic. If you or someone you know is struggling, there are ways to get help from a distance.

Think forward and try to make best use of technology to finish your work, attend meetings and engage with coworkers with the same frequency that is required during active office hours. The good news: Working from home can make people more productive and happier.

Small breaks due to social distancing are also times to reassess your skill and training. Think of an online course, certification, training, personality development or new language to learn.

Engage in spring cleaning, clear that clutter and donate non-junk household stuff. Household clutter can harbor infections, pollutants and create unhygienic spaces.

Social distancing should not translate to an unhealthy life on social media. While you can certainly become a victim of myths, misinformation, anxiety and fear mongering, you may also inadvertently become a perpetrator, creating more trouble for communities.

Based on the American Time Use Survey and leisure-related time-spending patterns worldwide, we spend too much time on screens. Except for 1-2 times day to watch national news for general consumption and local news to check the spread of COVID-19 in your own community, you are likely over-consuming information and taking away time from yourself and friends and family.

Reach out to people and offer help. Social distancing should also help reinvest in and recreate social bonds. Consider providing for and helping those at risk or marginalized (the elderly, disabled and homeless; survivors of natural disasters; and those living in shelters). You will certainly find someone in the neighborhood who needs some help. This can be done from a distance, on the phone or by online activities and giving.

Check your list of contacts on e-mail and phone. Certainly, there are people you have not talked to in a while. Time to check on their well-being and connect. This will also help you feel more connected, social, healthier and engaged. Be kind to all; you never know who is struggling and how you can make a difference.

Engage in alternative activities to keep your mind and body active, such as: listening to music and singing, trying

dancing or biking, yoga or meditation, taking virtual tours of museums and places of interest, sketching and painting, reading books or novels, solving puzzles or engaging in board games, trying new recipes and learning about other cultures, etc.

Do not isolate yourself totally (physical distancing should not become social isolation). Don't be afraid, don't panic and do keep communicating with others.



NOW OPEN!

Achieve Health

Chiropractic & Clinical Nutrition

Holistic Approach To Achieve Optimal Health

Elia Acuña, DC DACBN

Experienced Palmer Graduate
Board Certified In Clinical Nutrition

111 E. Indiana Ave., Maumee | 419-740-3099

Providing Personalized Vision & Medical Eye Care For The Entire Family.



Dr. Daniel J. Robinson, Optometrist

COMPREHENSIVE EYE AND VISION CARE
CONTACT LENSES • SPECIALTY LENSES
FASHION & DESIGNER FRAMES
TREATMENT OF EYE DISEASES
REFRACTIVE SURGERY MANAGEMENT

419-878-EYES

3937 Most Insurance Plans Accepted

8245-A Farnsworth Rd., Waterville • anthonywaynevisionservices.com



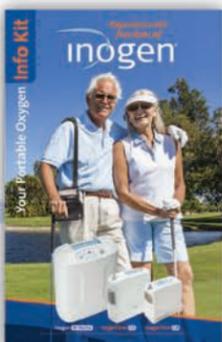
One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE
It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.**

Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

1-877-649-1283




© 2020 Inogen, Inc. All rights reserved. MKT-P0108

Dental Insurance

Get the dental care you deserve with dental insurance from Physicians Mutual Insurance Company. It can help cover the services you're most likely to use -



Cleanings



X-rays



Fillings



Crowns



Dentures

- ◆ Preventive care starts right away
- ◆ Helps cover over 350 services
- ◆ Go to any dentist you want - but save more with one in our network
- ◆ No deductible, no annual maximum

Call now to get this FREE Information Kit!

1-855-508-9763

dental50plus.com/mirror



Physicians Mutual



Here's the info you request

Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438/B439. 6154-0120