

JUNE 9, 2020

VOICES



Mindfulness Techniques Resource from MDHHS

MDHHS is sharing some simple mindfulness techniques, including a grounding technique a stress resilience plan, and the techniques pictured below.

Especially during times of stress, mindfulness techniques can be a great way to manage unpleasant feelings and stay mentally well. The full Mindfulness and Stress Resilience resource is available at this link: [click here.](#)



Get In Touch!



Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Or, do you need assistance accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.



Sit outside in the sun. Feel the heat of the rays on you. Appreciate how far the rays have traveled just to reach you.



Walk around. Feel as much as you can - notice the grass, pebbles, or soft carpet under your feet.



Deep breathing. Take long, slow breaths at the top of the hour, or set a reminder on your phone throughout the day.



Look at the night sky. Appreciate how delicate the stars and moon appear. Admire the twinkling lights - maybe notice a satellite or shooting star.



Sit quietly. Feel the breath coming and going from your chest, through your nose. Feel how the breath is cool as you inhale and warm as you exhale.



Write in a journal. Write down happy moments you can look back on when you're feeling anxious or stressed. Acknowledge the appreciation you feel for the things around you.



DO THE FIVE to stop COVID-19

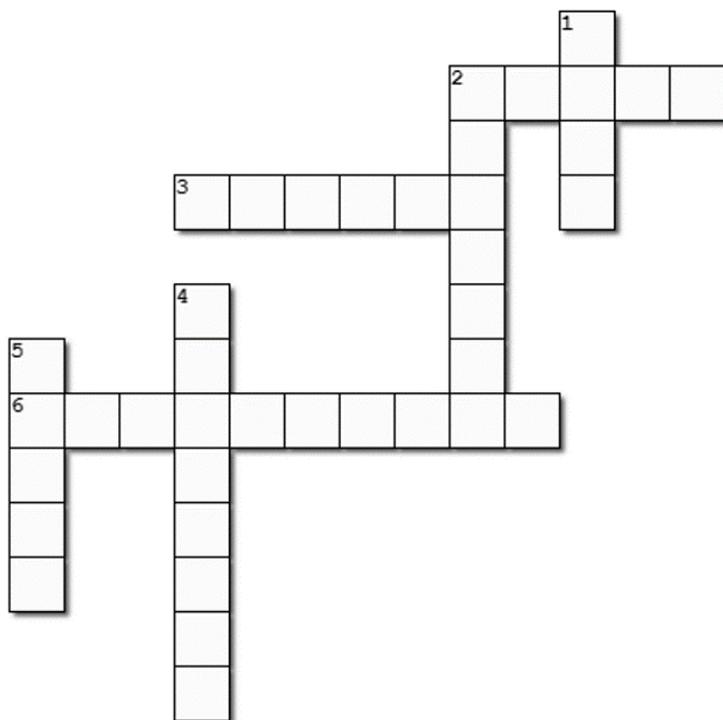
1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

Fun with Science!

Looking for something to do? Every Wednesday at 1:00 PM, Impression 5 Science Center is exploring hands-on science virtually on Facebook Live! You can visit their Facebook page at this link: [click here.](#)

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Summer Fun Crossword



Clues:

1. Not quite cold, not quite hot.
- 2 (Across): A fun and sandy place to spend a hot summer day.
- 2 (Down): A two-wheeled way to get around, no engine needed!
- 3: Lay out a blanket for lunch, but watch out for the ants!
- 4: A way to cool down and have fun in the heat—don't forget your towel!
- 5: There are more than 40 of these outdoor places in Lansing alone!
- 6: Something you do for fun or leisure.

Check your answers using the answer key at the bottom of this page!

COVID-19 and Finances - City of Lansing Resource

The COVID-19 and Finances webpage developed by the City of Lansing Office of Financial Empowerment includes resources related to food, shelter, transportation, and utilities. To view tips, resources, and information on topics like basic needs like food, shelter, transportation, and utilities, as well as expenses like student loans and income taxes, [click here](#).



Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136,
7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails
will be answered 7 days a week, 8 a.m. to 5 p.m.



**Subscribe to e-newsletter updates
at Michigan.gov/Coronavirus.**



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County
Health Department

Mid-Michigan District
Health Department

Barry-Eaton
Health Department

Michigan Department of
Health and Human Services

Centers for Disease
Control and Prevention

Crossword answer key: 1: Warm, 2 (across): Beach, 2 (down): Bicycle, 3: Picnic, 4: Swimming, 5: Parks, 6: Activities

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.