



**Mai Family Services**  
Support when you need it most

**WE SUPPORT...**

**BUILDING A STRONGER AND A HEALTHY COMMUNITY**

Free Helpline (888)664-8624

## Chai with Mai Webinar to Support Community During the COVID-19 Stressful Times on Sat April 25th @ 4:30 pm

We understand these are scary and stressful times. We are hosting Chai with Mai Webinar on Saturday, April 25th at 4:30 pm so our experienced caseworkers can tell you how to cope during the lockdown and answer any specific questions you may have. We will be hosting additional webinars too. Please join us.



Mai Family Services **JOIN US ONLINE!**  
Support when you need it most  
www.maifs.org

# Chai With Mai

**BUILDING POSITIVE RELATIONSHIPS  
DURING STRESSFUL TIMES!**

*Join us for an informational interactive online event that answers some valid social questions raised during COVID-19 Pandemic.*

*Meet our expert panelists and caseworkers:  
Sailaja Dronamraju  
Lalita Ghosh  
Moderated by Ananya Varre*

*Saturday, April 25th at 4:30 PM  
on ZOOM (link attached)*

**For more information about Mai family Services, visit  
[www.maifs.org](http://www.maifs.org)**



## May is Mental Health Awareness Month



### **As we get ready to observe May as Mental Health Awareness Month, MaiFS counselors would like to share some tips and resources on how to cope with stress and anxiety during COVID-19.**

The outbreak of coronavirus disease 2019 (COVID-19) is an unprecedented pandemic. This pandemic has caused a lot of stress and anxiety to many individuals and upheaval in families. The fear and anxiety associated with what is causing the epidemic and the unknown aspects of how it can be curtailed or stopped is causing a lot of anguish. It is seen that this stress is further exacerbate physical and emotional health issues. There is an impact on a person's mental health, worsening of their physical health problems, increased use of alcohol, tobacco, and drugs.

#### Some ways to take care of yourself and your community

It is essential to take care of yourself to be able to assist your family, friends and the community. Self-care is an essential part of being well and spreading wellness to others around you. Caring for ourselves in times of personal, professional, and global stress is essential. We encourage continued attention towards self-care that is inclusive of our body, our mind, our heart, and the support of our community.

Use this list however you are inspired to. We suggest you approach this as a gentle inquiry and an opportunity to be supportive of your whole self. We encourage continued attention towards self-care that is inclusive of our body, our mind, our heart, and the support of our community. We suggest you approach this as a gentle inquiry and an opportunity to be supportive of your whole self.

- Know the facts of COVID-19 and be aware of how you are responding to it to help reduce stress. Use practices that help you stay present (e.g., meditation, prayer, yoga, music)
- Limit exposure to overload of media, news or information that could add to your stress and trauma. However, watch or listen to media that entertains, soothes, or distracts your mind. Take breaks from watching, reading, or listening to news stories
- Make time to unwind. Pay attention to what arises naturally. You are your own best guide. Body - Release muscle tension throughout the day (stretching, walking, jogging exercise, and yoga).
- Play with your children or create (knit, crochet, write, doodle, cook, sing, dance; pets and children can help a lot now!)
- Practice compassion, self-compassion, and gratitude - Use soothing self-touch (hand on heart, rub your own shoulders,).
- Drink water and eat healthy, well balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Reach out to elders who may not be able to go out or do things on their own.
- If you are overwhelmed and need help, please don't hesitate to get help. If you know of someone who does or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, then please take the assistance of your health care provider or therapist.

**If it is a crisis: If you feel that your anxiety/ stress is uncontrollable and that you might hurt yourself or others you need immediate assistance**

- Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Please call MaiFS- Free helpline: (888) 664-8624  
or
- [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224
- Call 911 Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) [Disaster Preparedness](#) and the CDC website.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

### **Giving is receiving! Generosity is Contagious!**

COVID-19 outbreak has changed our lives drastically in many ways. We all lost something to this outbreak and the magnitude of loss and suffering varies from person to person. As a DV agency, we are a witness to the magnitude of loss and suffering our clients are subjected to during this pandemic. As we continue to stay home for our safety, our clients are abandoned and thrown out of their own houses by their spouses/partners in fear of contracting the virus from them or other reasons such as financial crisis, unemployment etc. They are left alone out in the street with agony, pain, confusion, and suffering. Our agency is providing financial and emotional help to keep these vulnerable individuals safe and sane during their most difficult times.

**In these dire times, we turn to our community and request you to donate to our emergency relief fund as we continue to provide the help and services our clients desperately need.**

As always, we are proud and grateful to have your support at all times. **Thank You!**

**Donate**

**Thank you for supporting Mai Family Services!**



**Our mailing address is:**

MAI FAMILY SERVICES  
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