

# Summary of Webinar Chat

## 'MENTAL & EMOTIONAL HEALTH DURING COVID 19' WEBINAR

Hosted By Diaconal Ministries Canada & World Renew

April 11, 2020 @ 2pm EDT

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Below are excerpts from the Chat that took place during the online webinar (hosted by Zoom). Some great ideas were shared participants!

### **Connect with God**

- Prayer time
- Start a new 30-day or other devotional
- Read Scripture
- Pray for others
- Listen to worship or choral music

### **Connect with your church**

- Have a mid-week Zoom chat
- Try prayer practices over video chat
- Worship online
- Call folks in your congregation

### **Communicate**

- Talk to those you're living with
- Reach out to friends by phone, video call, or text
- Unplug from social media or TV for a while
- Send some snail mail

### **Take care of yourself**

- Sleep
- Eat healthy foods
- Exercise
- Breathe
- Limit news intake
- Practice self-compassion

### **Give back**

- Sew masks for loved ones
- Knit/crochet prayer shawls
- Offer to help neighbours
- Bring someone flowers

## Have some fun

- Watch funny clips or shows
- Get goofy during family zoom calls (try a talent show or costume night!)
- Take photos
- Garden
- Try this [“tabletop simulator”](#) to play classic board games virtually
- “Save up” things you look forward to doing again someday on notes in a jar

## And Don't Forget To...

- Spend time (safely) outdoors
- Remember that you're not alone
- Be honest with yourself and your family
- Grieve together with your children or other trusted people in your life
- Be open to learn from this experience
- Don't forget to celebrate the bright spots, too
- Take it one day at a time

