Creating Calm from Chaos

Mindfulness at Home
Inner Explorer presents their mindfulness app for families, which is an extension of the program used in more than 30,000 classrooms. The stressors in our lives are growing. During the Covid pandemic you may access their easy to use mindfulness program for free to support you and your family.

Proven benefits of the program are:

♥ REDUCES STRESS. Guided breathing and relaxation exercises are easy to do and replace fight or flight responses with calm.
♥ BOOSTS THE IMMUNE SYSTEM. Regular practice enhances health.
♥ IMPROVES LEARNING. With many students working online and at home, daily use helps kids focus and learn.
♥ FOSTERS RESILIENCY. Teaches children tools to deal with challenges and the skills will last a lifetime.

The 5 W’s of Mindfulness

what is mindfulness?
Mindfulness means paying attention to what’s happening right now with curiosity and kindness and without judgment.

why mindfulness?
Mindfulness is popular because it is very effective for reducing stress and for improving focus which helps learning.

when?
One can practice mindfulness any time. However, practicing mindfulness in the morning often sets the tone for a calm and lovely day.

who?
Inner Explorer was designed for Pre K – 12th grade students. However, many adults utilize the program on a daily basis. Practicing as a family magnifies the benefits and creates calm and connection.

where?
Practicing in as quiet a place as possible is always a good idea to minimize distractions.

Visit their website to learn more!
HealthMPowers is providing virtual learning resources for teachers and families to improve healthy eating, hand washing and physical activity behaviors to improve health and fitness.

South Hall Food Pantry - Monday afternoons 4:00-6:00 pm and Thursday and Saturday mornings 10:00 am -noon. Call to confirm if open at (678) 865-6588

Good Shepherd Lutheran Church on South Enota Food Pantry - Open on Mondays from 1:30 to 3:00 pm and Thursdays 10:00 to 11:30 am. An appointment is requested at (770)532-2428.

Grace Episcopal Church Food Pantry - By appointment only starting Friday, April 17th. Call (678) 696-1235 for further instructions.

Are you in need of some help with food? Do you of know people who might be? Or do you want to help?

Prince of Peace Catholic Church
Address: 6439 Spout Springs Rd, Flowery Branch, GA 30542 Phone: (678) 960-0040
Every Wednesday and Friday, from 12:00 pm to 3:00 pm, our Society of St. Vincent de Paul will be on hand to either collect your food donations or distribute groceries to those who need a little extra help at this time. Questions? Email stvdpopfb.org
For a list of items needed, visit: http://ow.ly/kdJa50zkINh

United Way Compass Center - Call for referrals to resources that are operating right now in the community. (770) 536-1121

Augusta University Health Express Care App for COVID-19 Virtual Screenings

Patients concerned about coronavirus (COVID-19) can now be screened for the virus without ever having to leave home, thanks to a new telehealth platform from Augusta University Health System. Through Augusta University Health System COVID-19 Virtual Screening, patients can now receive free virtual screenings for COVID-19, 24 hours a day, seven days a week, with no appointment required, when they visit the AU Health COVID-19 Virtual Screening website or download the AU Health Express Care app for Apple or Android devices.

Currently, all YMCA facilities are closed in order to protect the safety of their members and community. However, they have mobilized their network, facilities, and partners to launch three specific initiatives that will be crucial in the coming weeks: childcare support for healthcare workers, first responders and those on the frontlines of COVID-19; expanded hunger relief programs; and Operation R.E.A.C.H. to support members in high risk groups.

Click here to learn more!
Random Acts of Kindness

One thing that we have all seen all over the world is that kindness is prevailing in uncertain times. People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly or vulnerable – like collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world. We have learned that amidst the fear, there is also community, support, and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you good.

There are lots of things that we can do for other people to inspire kindness in unforeseen times:

1. Pick an item from the list provided here. Scroll down to the list - Get involved with random acts of kindness
2. Take action
3. Share the kindness on social media
4. Tag @mentalhealth on Twitter and @mentalhealthfoundation on Instagram and Facebook
5. Use the hashtag #CoronavirusKindnessHallCo
Visiting Parks and Recreational Facilities

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin-D, stay active, and safely connect with others. While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others.

**DO**

- Visit parks that are close to your home
- Prepare before you visit
- Stay at least 6 feet away from others and take other steps to prevent COVID-19
- Play it safe around and in swimming pools. Keep space between yourself and others.

**DON'T**

- Visit parks if you are sick or were recently exposed to COVID-19
- Visit crowded parks
- Use playgrounds
- Use hot tubs, spas, water playgrounds, or water parks
- Participate in organized activities or sports

Experience Museums Around the World

- British Museum: London, England
- Guggenheim Museum: New York, NY
- National Gallery of Art: Washington, D.C.
- Musee d’Orsay: Paris, France
- National Museum of Modern & Contemporary Art: Seoul, Korea
- Perqamon Museum: Berlin, Germany
- Rijksmuseum: Amsterdam, Netherlands
- Van Gogh Museum: Amsterdam, Netherlands
- The J. Paul Getty Museum: Los Angeles, CA
- Uffizi Gallery: Florence, Italy

Take a Guided Tour Through a National Park

- Hawaii Volcanoes National Park: Hawaii
- Carlsbad Caverns National Park: New Mexico
- Bryce Canyon National Park: Utah
- Kenai Fjords National Park: Alaska
- Dry Tortugas National Park: Florida

125 Ideas to Keep Kids Entertained

- Watch a Broadway Show
- Visit the Cliffs of Moher in Ireland
- Visit the San Diego Zoo
- Visit the Center for Puppetry Arts
- Visit Mr. Schofield’s farm as he teaches us about bees hives, how bees make honey, and raising cattle

Free Yoga

In response to the many school closures taking place, Down Dog is offering free access until July 1st for all students and teachers. To access the free membership, please register by visiting downdogapp.com/schools.
GAINESVILLE, GA – District 2 Public Health announces updates to schedules, testing criteria and specimen collection sites. Previous testing criteria was to test individuals with fever, cough and shortness of breath. Due to new testing criteria from the Centers for Disease Control and Prevention (CDC), we can now test anyone with these additional symptoms: chills, shaking with chills, muscle pain, headache, sore throat, and loss of taste or smell.

District 2 has also expanded the hours of the call center. The new call center hours are: 8:30 am to 7:00 pm, every day including Saturday and Sunday. All county health departments will continue to schedule appointments during normal business hours, 8:00 am to 5:00 pm, Monday through Friday.

The Specimen Point of Collection (SPOC) in Hall County will now operate as follows: Monday through Friday, 8:30 am to 5:00 pm. On Saturday from 9:00 am to 5:00 pm, and on Sunday from 9:00 am to 12:00 pm.

In addition, a Specimen Point of Collection will be opened in Franklin County. This site will operate on Tuesday and Friday of each week, beginning on May 5. This location will better serve residents in Franklin and Hart. Residents can contact the call center above, call Franklin County Health Department at 706-384-5575, or call Hart County Health Department at 706-376-5117 to schedule testing.

The Specimen Point of Collection Site in Towns County will continue to operate as scheduled. Residents can call Towns County Health Department at 706-896-2265, Union County Health Department at 706-745-6292 or Rabun County Health Department at 706-212-0289 to get an appointment for testing.

An appointment is needed at each of the Specimen Points of Collection. Please call the call center 770-531-5600 or your local health department to schedule an appointment for testing.
Emotional Support and Additional Resources

The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link

Georgia COVID-19 Emotional Support Line
866-399-8938

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Georgia Crisis & Access Line
1-800-715-4225
mygcals.com

Georgia Crisis & Access Line (GCAL) is available 24 hours a day, 7 days a week, and 365 days a year to help you or someone you care for in a crisis

CARES Warm Line
1-844-326-5400
Substance Abuse Challenges
Call or text every day of the year
8:30AM-11:00PM

COVID-19 Hotline (844) 442-2681

The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

Hall County Health Dept COVID-19 line: (770) 561-5600

Peer2Peer Warm Line

Operating since the opening of the Peer Support and Wellness Center of Decatur in 2008, the warm line provides Georgians the opportunity to receive peer support over the phone 24 hours a day.

How to contact the Peer2Peer Warm Line

- Call 888-945-1414 (toll-free) statewide, or locally:
  - Decatur: 404-371-1414
  - Bartow County: 770-276-2019
  - Colquitt County: 229-873-9737
  - Henry County: 678-782-7666
  - White County: 706-865-3601