

Take Away

My room number is:

The phone number in my room is:

Phone Number for staff on site:

Create a list of medications that require a refill soon:

1. _____ MD: _____ Refill due on: _____

2. _____ MD: _____ Refill due on: _____

3. _____ MD: _____ Refill due on: _____

Pharmacies that can deliver your prescriptions: Hancock Pharmacy (203) 367-4571 OR United Pharmacy (203) 955-1781

Safe Connect 1.888.774.2900

Getting through this.

Focus on what's in your control.

Acknowledge your thoughts and feelings. Make notes of the positives throughout the day with a picture or by journaling.

Come back to your body. Try the meditation steps below, or go for a walk outside.

Stay connected and talk to others at a safe distance or over the phone.

Structure your day. Find comfort in routine and a schedule.

Make notes of the positives throughout the day, either with a picture or by journaling.

Join an online group, read something new, transform yourself, great creative.

Meditation:

Be present. Take a deep breath. Name 5 things you can see; 4 things you can touch; 3 things you can hear; 2 things you can smell; 1 thing you can taste. Take a deep breath.

Be present. You are safe. What country do you live in? What state? What county? What town? What is the name of your street? What number do you live in?

Stay present. Inhale for 4 seconds. Exhale for 5 seconds. What is your full name? When were you born? How old are you? What gender are you? What color is your hair? What color are your eyes? Which hand do you write with?
Breathe.