

Healing through Hope

A mental health newsletter from the Coastal Samaritan Counseling Center



Stay Motivated

As we all know, this year has brought many struggles upon all of us. Covid-19 has taken over most of the year so far. Each month has added more questions and uncertainty about how the pandemic is changing our lives. When Covid-19 began to make its way to our cities, there was so much fear and panic that swept over the community. Now, we are ending our summer with a new set of questions now that this pandemic is becoming a part of our lives.

With everything changing so rapidly, how can we stay motivated through the uncertainty?

Staying indoors, social distancing, and having our daily routines disrupted can be a hard transition to many people. It can keep us from feeling motivated and we can find ourselves discouraged. With all the fear in the world, it's important to stay positive and motivated.

Here are some tips on how to stay motivated during the pandemic:

- Add Structure to your day, and find ways to stay active.
- Keep a healthy diet, and find new recipes to try at home.
- Keep a set sleep schedule, and take plenty of time to rest.
- Find ways to socialize, in a safe way. (Phone calls, zoom chats, and positively use social media to stay connected.
- Help others that need it, and try to be supportive to those who are also struggling. A support system can go a long way.

<https://blogs.webmd.com/webmd-doctors/20200409/how-to-stay-motivated-while-youre-stuck-at-home>



Coastal Samaritan Counseling Center
Instilling hope and healing

Overwhelmed by the health crisis?
Facing unexpected challenges?
Life out of balance?

Meet online with one of
our professionally trained,
experienced, & licensed
counselors.

Call (843) 448-4820 to learn
more about video therapy.

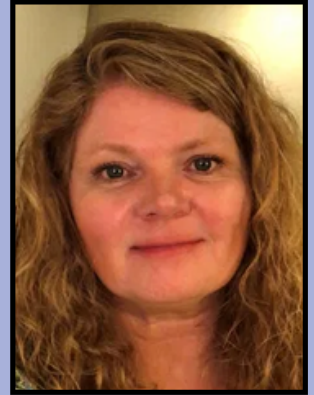


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Meet Jeannie James

As a United States and
KY National Guard
Veteran, Jeannie brings
her expertise to CSCC
with a servant's heart.

Her approach to
counseling is believing in
the capabilities of each
individual as she offers
support to them.



Mental Health Tip:

While you practice social distancing,
try spending time outdoors.

Receiving Vitamin D will help
decrease symptoms of anxiety, and
help you increase physical activity.



**Thank you front
line workers!**



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