



## Wellness and Support

Dobie Road and its team is dedicated to improving lives of those within our facility, but also to those outside of our facility. We know that this pandemic has caused concern and uncertainty for many. During these unprecedented times, the Wellness Team at Dobie Road continues to support and encourage you to practice your physical and mental/emotional activities so that you stay well. Here are some tips/steps to help cope, according to the CDC:

- Take care of your body – meditate, exercise, and eat a well-balance diet.
- Connect with others as best as you can
- Take breaks
- Stay informed
- Avoid too much exposure to news
- Seek help when needed

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety, or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them, it's important to seek professional help.



**For additional information, please see the following resources:**

[CDC Managing Stress and Anxiety](#)

[Michigan Mental Health Resource](#)

**Additional Resources to assist in your mental health:**

[MI Resilience: Tips for Managing Stress Video](#)

[Mindfulness Exercises](#)

[Headspace for Michiganders](#)

*Free for Michigan Residents*

**Wellness Classes and Fitness Center Members:** Please know that we continue to plan how to re-open our community classes and fitness center once it is safe for our residents, patients, families, staff, and you. If you are a fitness center member, we would also like to reiterate that during the months that we are closed, you will not be charged.

**“The attitude you bring to the day is what the day will bring to you.  
Great attitude, Great Day!”**