

SUPPORTING OTHERS

THINGS YOU CAN DO DURING THE COVID-19 CRISIS

Reaching out and doing something for other people is a great way to serve your community during this time, but also serves as a great way to cope with your own stress or anxiety. Below are several suggestions of things you can do to help others.

1. MAKE FACE MASKS FOR HEALTH WORKERS

It's time to put your sewing skills to work to assist our health workers!

You can find instructions on YouTube showing how to sew face masks, just go to: https://www.youtube.com/watch?v=S9RWII2-5_4&app=desktop

(The measurements in the video are given in centimeters. The measurements in inches are 7.5" x 9.5"; two lining pieces are 5" x 7"; and the elastic is cut at 10".)

The masks will be sanitized by the Seminole County Medical Director's team – you don't need to worry about sanitizing them.

As masks are completed, you are asked to drop them off at St. Stephen Catholic Community, 575 Tuskawilla Rd, Winter Springs, in the labeled baskets or carts that will be outside the parish office door. You may drop off masks Monday through Thursday, 8am – 3pm.

Questions? Contact: Becki Long, beckil@st-stephen.com or 407.699.5683 x 223

2. DONATE FOOD FOR THOSE IN NEED

You can drop off donations directly to The Sharing Center's Food Pantry department. From the front parking lot, if you are facing the Columbian and Italian restaurant, it's the door to the left of the restaurants.

The Christian Sharing Center, Inc.
600 North Highway 17-92, Suite 158
Longwood, FL 32750-3638
Drop-off Hours: 9-4:30pm (ring the doorbell)

Check here for the list of supplies needed:

<http://sharingcenter.permeliamedia.com/covidcrisisalerts/>

Give online using their Virtual Food Drive:

<https://secure.qgiv.com/event/virtualpantrydrive/store/>

SUPPORTING OTHERS DURING THE COVID-19 CRISIS

3. LEARN THE BASICS OF MENTAL HEALTH FIRST-AID

Visit USA Mental Health First Aid's website www.mentalhealthfirstaid.org for loads of information on caring for yourself, your family and your friends. Below is a sample of their information on anxiety.

Anxiety can vary in severity from mild uneasiness to a terrifying panic attack. Anxiety can also vary in length of time that it lasts — from a few moments to many years.

Although everyday anxiety is an unpleasant state, it can be quite useful in helping a person avoid dangerous situations and motivating them to solve everyday problems. However, an anxiety disorder differs from everyday anxiety in the following ways:

1. *It is more severe.*
2. *It is persistent.*
3. *It interferes with the person's activities, studies, and relationships.*
4. *If not treated, it can lead to poor academic performance, impaired social functioning and other negative outcomes.*

Unsure if you need treatment or where to turn? Talk to a health professional. Primary care physicians, mental health professionals, certified peer specialists and psychiatrists can all help you get more information for your specific situation.

4. MAKE INSPIRATIONAL CARDS

Make inspirational cards for people like inmates, patients in hospitals, residents in nursing homes, grieving individuals, and human-trafficking survivors. After the COVID-19 crisis has passed, drop them off at the parish office and we will distribute them for you.

- Use regular stock paper 8.5" x 11", fold it in half or fourths.
- Avoid using hazardous decorations or making 3-D cards.
- Do not sign your full name, sign ONLY your first name.
- Make general inspirational cards or Christmas Cards.
- We accept envelopes and stamps that come with your cards.

St. Mary Magdalen Catholic Church - 861 Maitland Ave., Altamonte Springs.