



Building Healthy Connections Newsletter

April 2020

A Message from SVPS:

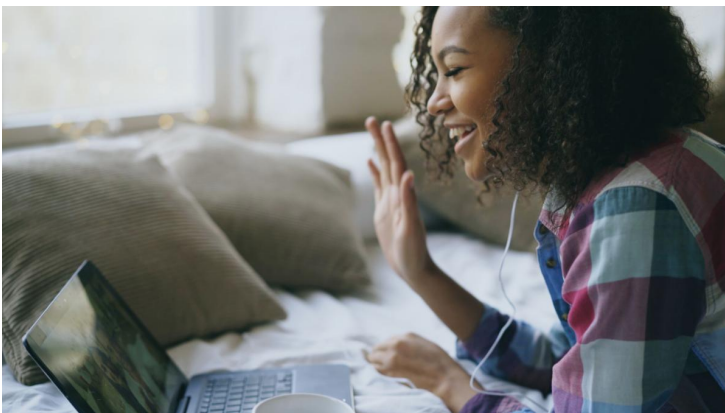
We hope this finds you and your family well. As we continue to navigate the COVID-19 Pandemic together, Shared Vision wants to ensure you that we are here to help. Although in-person sessions are suspended until further notice, we are fully operational with remote therapy and phone sessions. We will be developing blog content related to coping with and adjusting to the current situation, and we will continue to provide resources that our clinical staff has found to be beneficial (see below).

If you are in need of support, please reach out today. Our experienced staff is here for you during these uncertain times. Please complete an online submission at www.sharedvision.org/contact to get started.

Take good care,
The SVPS Team



Our Telehealth Services



In the Blog...

YOGA AT HOME: AN APPROACH TO MAINTAINING MENTAL HEALTH



Let me first begin this post with hopeful wishes that you and your families are faring well during the current global state we are experiencing together. These days and weeks have been filled with plenty of uncertainty and fear, which can be uncomfortable to sit with for long periods of time. The intention behind this post is to offer a physical and mental approach to maintaining your mental health while in your home and perhaps ease some discomfort in these uncertain times...

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TIPS FOR MAINTAINING MENTAL HEALTH DURING THE CORONAVIRUS OUTBREAK

Our clinic, staffed by a group of experienced therapists, is **fully operational with Telehealth services** available for first-time appointments, routine therapy sessions, and parent consultation through remote therapy or phone sessions.

[Click here to connect with us today!](#)

Helpful Resources

[Click each title for more information:](#)

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

by Lisa Damour

[That Discomfort You're Feeling is Grief](#)

by Scott Berinato

[Coping with Coronavirus Anxiety](#)

by John Sharp, MD

[Home Learning During the Crisis](#)

by Mark Bertin, MD

[Navigating Co-Parenting in a Time of Social Distancing and Quarantines](#)

by Jaimie Seaton

Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.



Shelter in place, social distancing, pandemic, quarantine, panic-buying, Coronavirus. No, these are not answers to a crossword puzzle in today's newspaper, they are common phrases that overwhelm much of our recent news and media broadcasts. The Coronavirus outbreak is real, and it is here...

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[Check out more SVPS Blog content!](#)

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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