
FROM THE PRACTICE OF DAVID L MELLMAN MD, PLLC

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To Our Patients,

There is a joke going around, asking introverts to check in on the well-being of their friend who are extroverts. This assumes that only extroverts are struggling with our new reality of limited human contact. Everyone needs others to feel supported and connected, whether in small intimate groups or large gatherings. And this connection is needed most during times of stress. Unfortunately, this strain of coronavirus (COVID 19) has prevented us from relying on our friends and usual coping mechanisms. It has left many people feeling lonely, isolated, depressed, afraid or simply bored. I put together a list of things that you can do while keeping social distance, to help keep yourself busy, allow you to tend to your mind and body, and find safe connection with others.

Things You Can Do While You Are Keeping Social Distance:

- Read a book (see below for some ideas)
- Watch a movie (see below for some ideas)
- Take a walk outside, 6 feet away from other people
- Pay attention to the birds...consider becoming a birder
- Plan your garden and prepare it for spring! Plant spinach, lettuce, peas, broccoli, etc.
- Listen to music – you can find everything on YouTube.com or IHeartRadio.com
- Pet your dog or cat... every time they demand it
- Teach your pet a new trick
- Cook a new recipe
- Finally learn how to use all the settings on your camera
- Play a board game or cards
- Pull out the old sewing machine and thread that bobbin
- Check out my website:
www.jeannetteguerrasiomd.com
- Write a letter to an old friend or family member
- Record old family stories
- Complete a puzzle, curse if you realize you are missing a piece



- Meditate, yoga, stretch – try out yogawithadriene.com
- Exercise – check out fitnessblender.com
- Learn the Git Up dance and impress your young family members
- Draw or paint something, then realize how important arts education is
- Pick up an old instrument... unless you used to play the oboe like I do
- Look at old photos
- Organize that space that you have been avoiding
- Call, Skype, Zoom or FaceTime friends and family
- Take time out from others in your household to tend to your own needs
- Take a bubble bath, or soak your hands or feet
- Nap by the fireplace after a cup of tea or hot chocolate
- Finally learn how to use all of the settings on your camera
- Make a list of things you want to do when life returns to “normal” again

Books and Movies Recommended by Me, Dave, Staff, Friends

*Some books are also movies

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| 1. Can't we talk about something more pleasant? By Roz Chast | 13. Becoming By Michelle Obama |
| 2. The Rainbow Comes and Goes By Anderson Cooper and Gloria Vanderbilt | 14. Bloodline By Sidney Sheldon |
| 3. Jackson Towers By Harry Gordon | 15. Shore to Shore By Tamsin Hopkins |
| 4. Sapiens By Yuval Noah Harai | 16. Bird by Bird By Kiley Reid |
| 5. Any book written By Erik Larson | 17. Winter Morning Walks By Ted Kooser |
| 6. Where the Crawdads Sing By Delia Owens | 18. The Summer Book By Tove Jansson |
| 7. The Boys in the Boat By Daniel James Brown | 19. Won't You Be My Neighbor? OR Beautiful Day in the Neighborhood |
| 8. The Boston Girl By Anita Diamant | 20. On the Basis of Sex |
| 9. A Man Called Ove By Fredrik Backman | 21. Fried Green Tomatoes |
| 10. Beartown By Fredrik Backman | 22. Mona Lisa Smiles |
| 11. Educated By Tara Westover | 23. The Irishmen |
| 12. The Three-Year Swim Club By Julie Checkoway | 24. The Spy Series |
| | 25. Plot Against America |
| | 26. The Art of Racing in the Rain |

If you are having a rough day, know that we are sending you hugs during these crazy times and take a moment to feel our embrace. Please know that Dave Mellman and I, as well as the staff, are always available to help.

Best,

Jeannette and Dave, too!

David L Mellman MD & Jeannette Guerrasio MD

David L Mellman MD, PLLC