



Combating Cabin Fever

A Guide to Coping During the Covid-19
Pandemic

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This ebook is one of several such publications that I produce, on a regular basis, for the students that I have the privilege of serving in my online school. This particular ebook is in the area of self-help or development. I trust that you will get as much out of it as I have in bringing it to you. I strive to make these publications long enough to warrant your time, but short enough to be read in a relatively short period of time. Be on the lookout for more titles such as these as I am determined to be a blessing in this particular way, If this book has blessed you, then by all means do share it with others who you feel could be benefited by it. If you have not already done so, do take a look at the number of different online courses that we have. I hope that you will find something that will peak your interest.



Combatting Cabin Fever

How long have you been stuck inside? Days ... weeks ... months? Time can seem pointless during this COVID-19 pandemic. The term “cabin fever” sounds altogether too quaint to describe your serious case of restlessness.

You’re not alone. The prayer of many people’s hearts during this pandemic is probably similar to the disciples when they were hit by a storm at sea, **(Mark 4:38)**. All across America and the globe, people are self-isolating to prevent the spread of the coronavirus. Remember, billions of other people are in the same boat.

As the day progress you may begin to feel hopeless and feelings of fear, anxiety, and depression become increasingly stronger. Taking care of your mental health has never been more important.

Here are some tips might help relieve some of your built-up cabin fever.

Be aware of your expectations

Life is full of transitions, and the quicker we learn to adapt, the easier we can navigate the new normal. However, change can be painful because familiarity provides comfort.

No one expected, or wished for, COVID-19 and the results that followed. Expectations for 2020 may have included taking a nice vacation, going to graduation, or attending a long-awaited event. With shattered expectations, how are we to respond? One response is to allow the mind to be plagued with thoughts of all the good things lost, leading to a [spiral of sadness](#). Another response is to adapt to the change even if that involves mourning the loss of great plans and adventures. As Christians, we are taught that God

has our best interest in mind, but it can be challenging to believe when we experience [life's sorrows](#). Trust in God's mysterious plans must anchor us in the confusion and chaos of a worldwide catastrophe such as the COVID-19 pandemic.

However, this trust is not without struggle.

Redefine Success

Our perspective has everything to do with success. By reframing our thoughts to a more positive view, we begin to embrace adverse situations as an opportunity for growth and can navigate more effectively.

Stick with a routine

No, it probably won't look exactly like your pre-coronavirus routine (especially if you're now pulling double-duty as a work-from-home parent). But consistent routines can ease anxiety. "What am I going to do!?"

Add these healthy habits to your regular schedule:

- **Eat nutritious meals:** There's a time and a place for brownies, and quarantine is that time and place. But neglecting nutrition will only leave you feeling sluggish, so enjoy comfort food in moderation.
- **Exercise:** It's important to your mental health. Regular activity can improve stress, depression and anxiety and help you sleep more soundly. Take daily walks or even stream your favorite online exercise class.
- **Protect your slumber:** Try to go to bed and wake up on a schedule. Minimize naps, which can make it harder to get a full night's sleep.

Try something new

- Try something original or just do the regular things in fresh new ways. Sign up for an online art class, learn to speak Mandarin, try baking French macarons or teach yourself a chord on the guitar you bought years ago and never learned to play. The options are limitless.
- **Have a picnic:** Take your family, pack up some favorite food and spread a blanket in your yard; or on the living room floor.

Use your brain

- **Do something you've been putting off:** There's no time like the present to tackle a project you've been putting off because it's too challenging or time-consuming. Start your novel, make albums of your family photos or organize your disaster of a basement. Checking something off your to-do list can give you a boost.
- **Read a book:** Too much media can crank up stress levels during troubling times. Escape into a meaty novel, or learn about a new person or place with some great nonfiction.
- **Make plans:** Start dreaming up the things you'll do with friends and family, and the amazing places you'll go (even if it's just to the park across town), once things start returning to normalcy. You probably won't be going on vacation next month, but eventually, this cabin fever will become a distant memory.

Connect

Loneliness and social isolation contribute to mental and physical illness, from depression and sleep troubles to heart problems and dementia. You can still social-distance and reap the benefits of connection.

In the age of social distancing, you can use virtual connections to fill the gap:

- **Schedule a connection hour:** Plan a regular time to video chat with friends or family members. "The phone works too!"
- **Write letters:** Texts are practically essential during social distancing, but it's fun to channel your inner Victorian. Dust off your fanciest stationery and write a longhand letter to someone you love. Bonus points if you actually remember how to write in cursive. (Encouraging your kids to write letters can help them practice penmanship and stay connected to their friends, as well.)
- **Open up:** Have someone to vent to. When talking with your loved ones, (in person or virtually), you don't have to put on a brave face. Being honest about your worries, fears and future dreams can bring you closer and make your relationship stronger.

Prayer

"God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."

The serenity prayer, a great method to navigate through adverse life situations. when you are feeling overwhelmed, angry or triggered. Reciting the serenity prayer will force you to pause and collect yourself.

Inviting Christ into life's struggles opens the crisis to be transformed. As Christ walked this earth, He also experienced the pain, sorrow, betrayal, and anger that can plague life. By burdens and worries to Him, He is able to journey with us providing empathetic support. By shifting the perspective, taking control where we can, and processing anger and pain, we can see how God makes all things good. We begin to understand His loving intercession within the most painful moments of our lives.

Get some rest

Some of these tips – like eating right, exercising, getting enough sleep, staying connected – are good for all of us but not everyone needs to stay super-busy. Some of us are already stretched thin. (“Am I supposed to find time to learn Mandarin while working, home-schooling and feeding everyone all day??”) There’s no shame in just going to bed an hour earlier.

We’re all making it up as we go, so find the cabin-fever strategies that work for you.”

Thank You!

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