



FOR IMMEDIATE RELEASE

April 4, 2020

# PRESS RELEASE

## Monitor and Manage Your Stress Level

During this time of daily facing the threat of harm to yourself or family members through this invisible virus, stress levels are very high. Coupled with the fact that people are also serving multiple roles including home teaching, working from home, being a first responder, being a full-time caregiver, etc., the emotional toll that this can take is immense. **BE SURE TO TAKE TIME FOR YOURSELF.** Much like making sure the oxygen mask is on you before your loved one in a plane, you must take care of yourself emotionally before you can help others. Here are some helpful steps in how to take a personal break from Pines Behavioral Health CEO Sue Germann:

- Take a 10-minute break from whatever you are doing. Physically move away from where you were so symbolize that it is a break. If you can go outside, otherwise close your eyes and visually a nice peaceful place or a favorite, comforting memory
- Get moving! Get up, do a 10-minute stretch, 10 minute walk, lift a few weights around your house, etc.
- Listen to music.
- Pour yourself a glass of water and sit in a nice comfortable spot. Your break ends when you've finished your water. Children who are too young to tell time will be able to visually see when the parent is ready again.

## Do your part to help fight COVID-19 by adhering to the Burning Ban.

The Governor suspended permits for open burning across the state to protect public health and safety. "We need to make sure our emergency response resources are available where they are needed at this time," said Dan Laux, fire supervisor for the DNR Forest Resources Division. State Fire Marshall Kevin Sehmeyer agreed, "This preventative approach to limiting wildland fires is important so that first responders can continue making medical calls during this health crisis." Some burning is still permitted such as campfires, some agricultural burning like the burning of seasonal trimming from orchards and vineyards and barrel firer properly that are properly contained.

Enjoy the nice weather but keep six (6) feet apart.

## Branch County Daily COVID-19 Update for April 3rd, 2020

<i>Date/Type</i>	<b>Current Positive Cases - Michigan</b>	<b>Deaths - Michigan</b>	<b>Positive Cases - Branch County</b>	<b>Deaths - Branch County</b>
3/26/2020	2,856	60	2*	0
3/27/2020	3,657	92	4*	0
3/28/2020	4,650	111	4*	0
3/29/2020	5,486	132	7*	0
3/30/2020	6,498	184	8*	0
3/31/2020	7,615	259	2 (8*)	0
4/1/2020	9,315	337	2(14*)	0
4/2/2020	10,791	417	5(17*)	0
4/3/2020	12,744	479	6(19*)	0
<i>Avg. Daily Change</i>	1,131	51	3	0
<i>Change 02-03</i>	1,972	64	3	0

\*Lakeland Correctional Facility

As always, **we remind Branch's residents to stay home and stay safe.** This is the best way to fight the COVID-19.



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