

# Tips of the Week

1

Stay connected to others through the use of virtual meetings or phone calls as much as possible.

2

Take in information through trusted sources, without overwhelming yourself with redundant data.

3

An abundance of research shows us that behavioral health visits by video conferencing are just as effective as being seen face to face.

4

In order to have successful telehealth visits, it requires preparation ahead of time, close communication between the family and the provider, consistency, dedication and trust.

5

Avoid social media and the pressure to do more and remember less is sometimes more.

6

Don't minimize someone's feelings by comparing what they have lost to others.