

# COVID-19

# You stressed? We are. SO, HOW DO WE COPE?

## TAKE BREAKS FROM TV/ SOCIAL MEDIA

If you're focused watching and reading about the pandemic 24/7, it can be upsetting.

## CONNECT WITH OTHERS

Even if you can't see friends in person due to social distancing, talk with people you trust about your feelings. Pick up the phone and chat or FaceTime. Use an app to watch a movie together.

## UNWIND

Peel your eyes away from TV coverage and endless stories online. Try meditating on your own or follow a free guided meditation on YouTube.

## LOVE YOUR BODY

Taking deep breaths are underrated. Try to eat healthy meals from all those groceries you stockpiled. Exercise in your living room or go out for a walk. Set your worries aside for some shut eye.

## KEEP UP WITH ROUTINES

You might be working from home, or maybe feeling the stress of being unemployed. Create daily routines for your family and don't forget to squeeze in joyful activities!

## CREATE A MENU OF SELF-CARE ACTIVITIES

- Read a best-seller
- Soak up some sun in your backyard
- Write in a journal
- "Marie Kondo" those dresser drawers you've dreamed of organizing
- Tackle a 1,000 piece puzzle
- Follow a yoga class on YouTube
- Make homemade ice cream
- Watch a concert online
- Make a fort out of the outrageous number of toilet paper rolls you bought
- Update your resume you've been avoiding
- Follow and watch videos of funny dogs and cats on Instagram