

## Are you stressed?

HERE ARE 6 WAYS TO COPE



### 1.) GET THE FACTS RIGHT

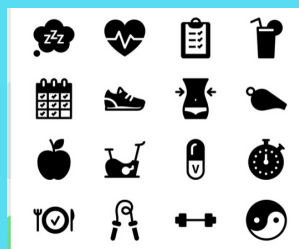
Turn to sources that will help you accurately determine your risk & give reliable information about how to protect yourself.

### 2.) LIMIT NEWS OVEREXPOSURE

It's tempting to check for updates, but checking it frequently can keep us in an escalated state of anxiety. Keep in mind that your anxiety influences those around you. Knowing how you could protect yourself & reduce your risk of getting the sick is more worth than knowing the statistics of the sick.



### 3.) MAINTAIN HEALTHY LIFESTYLE



- Eat a healthy diet & Get regular exercise
- Get enough rest & plenty of sleep
- Seek enjoyment & appreciate the moments (a smile, the smell of a flower; a cup of coffee; reading a good book; petting your pet; a movie; time with friends and family)

**Remember, good self-care keeps your immune system robust**

### 4.) KEEP CONNECTED

Maintaining social networks can promote a sense of normality & provide valuable outlets for sharing feelings & relieving stress.

If you must stay at home, have social contacts with family & friends via phone or other social media.



**Remember, connect with people about things other than just this issue**

### 5.) COMMUNICATE WITH YOUR CHILDREN

Children may react to stress in different ways (being more clingy; withdrawing; angry; agitated; bedwetting)

- Discuss the news coverage of the Covid-19 with honest and age-appropriate information. Don't be afraid to discuss the Covid-19. Not talking about something can actually make kids worry more.
- Invite your child to tell you anything they may have heard about the Covid-19, and how they feel. Your goal is to avoid encouraging frightening fantasies.
- Keep to regular routines & schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.
- Emphasize the safety precautions that you are taking in order to reassure your kids.

### 6.) SEEK PROFESSIONAL HELP

- If your mental health is being impacted by the stress of the COVID-19, then you may want to seek professional help (face to face appointment; video or phone call).
- A licensed mental health professional can help you manage your fears while also empowering you to make the best decisions for you & your family.

*The coronavirus is a reality. It is in the news and on our minds. We do not have control over it, but we do have control over how we respond, emotionally*