



**“You’re off to great places,
today is your day.
Your mountain is waiting, so get
on your way.”**
Dr. Seuss

9 Ways to Cope with COVID-19 and Seasonal Depression

<https://tinyurl.com/yxfgbsvv>

If you feel like you have the “winter blues,” you’re not alone. Research states that around five percent of adults in the U.S. are challenged with seasonal affective disorder (SAD), a type of depression that appears during the colder months when there are less hours of sunlight. Dealing with SAD in the middle of a global health crisis can seem like a “double whammy” when you’re already feeling lonely. Here are some ways to deal with SAD and COVID-19 together.

1. Stay up-to-date on appointments, including annual physicals and other follow-up appointments.
2. Get creative with socially connecting with friends and family by sending snail mail and weekly video gatherings. Keep the conversation light-hearted, if possible.
3. Remember that hope is on the horizon. Feeling this way is not forever.
4. Focus on hobbies--old or new. Learn to crochet or knit from online tutorials. Try caring for indoor plants or working on a challenging puzzle.
5. Cut down on screen time. While we all want to stay up-to-date, remember that you deserve the gift of a break. Disable phone news notifications. Turn off the TV if the news is just too much to handle right now.
6. Try to get outside as much as possible or consider light therapy. Bundle up and take a walk around the block, even if just for 15 minutes at a time.
7. Consider seeing a therapist or counselor. Asking for or accepting professional help is a sign of courage, not a sign of weakness. Therapy is a very powerful tool, but it only works if you work it.
8. Stay grounded. This means you’re able to remain calm and connected in the present moment. The key is practice, one step at a time. Try breathing and relaxation exercises or meditation to help “train” your brain to better process anxiety during this time.
9. Stay healthy. Make a conscientious effort every day to live a healthy lifestyle: Practice good sleep hygiene. Choose healthy foods. Incorporate an achievable exercise routine into your schedule. Wash your hands and wear a mask.

Coping with COVID-19

COPING WITH COVID-19



This activity book is intended to provide information to young children and families about how to prevent and cope with COVID-19. This resource may be useful for children and young people of all ages.

CÓMO SOBRELLEVAR EL COVID-19



English: <https://tinyurl.com/y5ramawq>

Spanish: <https://tinyurl.com/y6smlb75>

INFORMED CONSENT

<https://tinyurl.com/y5hcb5uk>

Whatever healthcare choices you are considering for yourself, childbirth, or your child, it is important to gather information to make an informed decision. **B.R.A.I.N** is a simple acronym to assist you in those steps and feel empowered in your choice.

Benefits: What are the benefits of the choice being considered? What problem may it solve?

Risks: What are the risks of the choice? Side effects? If it is not successful, what is the next step?

Alternatives: What are all of your options?

Intuition: What does your gut say about this choice?

Nothing: What would happen if I do nothing? What if I wait and reconsider this option in a week? A month?

COVID-19 VACCINE

<https://tinyurl.com/yygb3u43>

Pregnant women who have symptoms and test positive for COVID-19 are at increased risk of more severe illness compared with nonpregnant women. Pregnant Black and Hispanic individuals have disproportionately higher rates of COVID-19 infection and death.

The American College of Obstetricians and Gynecologists (ACOG) recommends that COVID-19 vaccines should not be withheld from pregnant or lactating individuals who meet criteria for vaccination.

Please discuss this choice with your healthcare provider to make an informed decision.





Craft Corner

Valentine Balloon Craft

<https://tinyurl.com/y5gduubr>



Supplies: Paper, paint, glue, marker, heart stamp, picture of your child pretending to hold a balloon

Tip! Make this craft into cards and send via US Mail to loved ones!

Tip! If you don't have a heart stamp, try using an empty paper towel or toilet paper roll



Melting Snowman Experiment

<https://tinyurl.com/ydedxo6r>



Supplies: Baking soda, white vinegar, water, black beads, orange foam paper, glitter, spoon.

Read directions at the [link](#) above.

Tip! Add sequins in with the glitter or using buttons for the eyes and nose

Tip! Have your child practice using an eyedropper, baster, or different styles of spoons. Add a drop of food coloring to the vinegar to add some color fun.





Valentine Heart Lacing

You or your child can cut out the heart below. Then help your child use a hole punch to make holes around the heart. Finally, encourage your child to string yarn or a shoe lace through the holes.

