

TIPS FOR NAVIGATING THE COVID-19 PANDEMIC

As we are all having to adjust our daily routines to meet the public safety requirements around the COVID-19 pandemic, below you will find a list of coping strategies that can be used to manage stress and anxiety during this time.

This information **DOES NOT** replace the relationship with a Licensed Mental Health professional or other Medical Professionals.

- ☼ Stay updated on the status of the virus in your area and for information on safety precautions to utilize (i.e. hand washing, coughing into elbow..etc) The CDC website, www.CDC.gov can get you connected to your local outlets for information specific to your state and local areas.
 - If you don't have access to the internet your local news stations are also a good source for updates.
- ☼ Stay socially connected. Right now health officials are asking that we keep at least 6 feet distance from one another and refrain from meeting in large groups. However, there are still many outlets where we can stay connected. Using online social media sights or even just simply picking up the phone to have conversations are ways to help us maintain our connections with one another.
- ☼ Try to monitor and decrease stressors. If you are someone who is feeling overwhelmed with all the new developments in the media change your input. It's ok to stay informed but decrease your time that you're watching the news. Maybe switch to reading online articles that you can access on your own time (be mindful of what's credible and what's not). Turn on something funny, watch something educational. Find and do activities that bring you peace and comfort.
- ☼ Be patient with yourself and others. This is all unexpected and a new experience for all. Most days will feel like trial and error as we navigate new ways to take care of ourselves and our families.
- ☼ **If you or a loved one are experiencing thoughts of suicide/ self- harm, please contact the 24/7 national suicide hotline at 1-800-273-8255. In the event of an emergency please dial 911.**
- ☼ **If you are in need of counseling/ therapy or other resources you can reach out to me for more details at 314-884-8673.**

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Behavioral Changes to be mindful of:

- You may notice an increase in frustrations in yourself and in others around you.
- Sleeping a lot more than usual or isolating more than usual.
- Feeling Down or Depressed; unmotivated
- Loss of appetite, increase in body aches, stomach aches (anxiety symptoms)
- In children
 - o Regression in behaviors- tantrums, wetting bed, increase or decrease in energy...etc

General Coping Skills List

- Call friends/ family members
- Clean/ Declutter/ Organize
- Complete DIY projects (look up ideas on the internet)
- Cook (by yourself or with family/ children)
- Create a game
- Create a schedule/ routine (by yourself or with your family)
- Exercise- there are a lot of exercises that can be completed indoors
- Faith based practices- prayer, and other religious practices
- Go for a walk/ run
- Journaling
- Learn a new skill- drawing, crafts... etc
- Listen to music/ play your favorite instrument
- Make a Playlist
- Make an appointment with a therapist
- Meditation
- Open the blinds and let in some natural light
- Play board games
- Positive affirmations
- Read or re-read a book
- Sing a song/ write a song
- Spend time in separate rooms to take breaks as needed
- Video chat with family members and friends
- Watch a movie, favorite tv show
- Take a shower or bath