



Coping Skills During COVID-19

PLEASE CONSIDER THESE RECOMMENDATIONS TO MAINTAIN YOUR EMOTIONAL AND PHYSICAL HEALTH DURING THIS STRESSFUL TIME.

- **Create a new daily routine.** Especially if you're working from home it's important to have daily structure.
- **Exercise or move.** Even at home, periodically walk around or just get up and dance a bit.
- **Try breathing exercises.** Breathe in for 3 – 4 seconds and exhale for the same amount of time.
- **Try counting exercises.** Counting can distract many thoughts. Try counting from 1 – 15 and then 15 – 1 without repeating 1 or 15.
- **Video chat with family and friends.**
- **Wake up your senses.** Shower, light a candle, cook something that smells good, or open the blinds/curtains to let the sunshine in.
- **Eat well.**
- **Limit social media time.**
- **Limit your news intake on COVID-19.**
- **Get enough sleep.**
- **Focus on a home project.** This is a great time to complete a house project or spring clean.