

Coping with Coronavirus

Taking Care of Yourself

Practicing social distancing, or being in isolation, can be very lonely. You might feel confused, scared, or wonder when it will end. This resource offers suggestions on how to manage your stress during this time.

Keep in Contact Digitally

We can still keep in contact with friends and family while we have to practice social distancing. Video chat, text, and call the people closest to you. Having regular contact with people can help you feel less alone.



Create a Routine

It can be challenging to have a lot of free time. Try to create a schedule for yourself and stick to it. Having a routine in place can help you make use of your time that is meaningful to you. A schedule can also help decrease anxiety.

Don't Skip Healthy Activities



Things like eating healthy, taking your medication, and keeping up on cleaning are all important things to continue to do. Try to do some exercise, like stretching at home or going for a walk in your neighborhood. A few minutes of exercise can improve your mood and keep your body healthy.

Calm Your Mind

Make a list of things that you do that help calm you down. Some examples might be re-watching your favorite shows, reading your favorite books, or doing yoga. Your daily routine should include activities that help you feel relaxed.

Avoid Fake News

It is good to keep up on current events and to know the facts about COVID-19. There is a lot of untrue news, especially on social media. Check to make sure that what you are reading is from a trusted news source. Limiting how often you check the news to just once or twice a day can also help reduce anxiety.

