



### Coping strategies/tips:

- Limit exposure to news about COVID-19 to reduce anxiety.
- Set a routine for yourself within your home environment.
- Get creative with the normal everyday activities. Ex: set a theme for food for each day
- Connect with friend/family. Talk and share with one another what you did that day.
- Engage in an uplifting activity or do something fun.
- Protect yourself by practicing a good hand washing, sanitizing home appliances, counter tops, door knobs, etc.

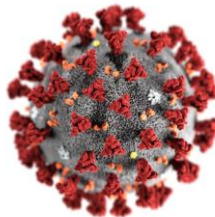
### Support your child:

- Communicate with your child about COVID-19. Use facts and help them understand the situation.
- Reassure their safety and create a routine with them.
- Create a schedule for fun, relaxing, or educational activities.
- Learn and practices different strategies to relax including meditation/mindfulness.
- Access free apps to support social emotional learning with children while having fun: Inner Explorer, Go Noodle, etc.
- Exercise together. PE with Joe includes 30 minutes of exercise developed for children during shelter in place.

<https://www.youtube.com/watch?v=K6r99N3kXME>

#### Sources:

For more information: CDC (Center for Disease Control) or WHO (World Health Organization)



### Self-Care Tips

Taking good care of you is the kindest thing you can do for the people you love & the people of our community.

Here is a list of some ways to soothe anxiety, work with loneliness and give your mind a rest.

### Top 5 Tips

1. Go outside – 30 minutes a day walking - learn the benefits with this video:  
<https://www.youtube.com/watch?v=3F5SIy9JQao>
2. Get eight hours of sleep – see apps below to help with sleep.  
[www.sleepwithmepodcast.com](http://www.sleepwithmepodcast.com) – silly, monotonous stories
3. Limit News Intake – decide how much time you really need to follow news, your nervous system will thank you for small doses from right sources ex <https://www.cdc.gov>  
Don't watch news at night, avoid blue light (light from devices) after 6 pm.
4. Avoid Social Isolation during social distancing – set one time to talk or video-chat per day with friends and family
5. Acknowledge normal feelings in our abnormal moment. Individual reactions to strange and disquieting circumstances covers a lot of ground. We can't help how we feel, but we can treat it as information we work with.

#### Sources:

Avvy Mar, PhD. Tips for Self Care