



Community

— ALWAYS —



TIPS TO REDUCE COVID-19 STRESS

- 1. Focus on what you can control** – including your thoughts, behaviors.
- 2. Remember that you are resilient**, and so is humankind. We will get through this.
- Do what you can to **reduce your risk**; take comfort that you are caring for yourself and others.
- Use technology to **connect with others** frequently.
- Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things for each day.
- Limit exposure to news** or social media updates.
- Use reputable sources** of news, avoid speculation and rumors.
- Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
- Don't let fear influence** your decisions, such as hoarding supplies.
- Be gentle** with yourself and others
- Create a regular routine**, especially for children and work from home.
- Maintaining a healthy diet and exercise** routines to help your immune system and mental health.
- Spend time in nature** while adhering to social distancing guidelines.
- Reflect on your reactions.** Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
- Practice meditation**, yoga, or other mind-body techniques. Find apps or online videos to help.
- Reach out if you need to talk.** There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE

1-800-985-5990 'TalkWithUs' TEXT 66746