

## **HOW TO COPE:**

During times of increased stress, we have to consider our emotional immune system. Our emotions play a significant role in how our body responds to stressful situations. To continue to care for each other and the community, we must first take care of ourselves.

**Limit your media or news time.** News specific to COVID19 is anxiety provoking and at times skewed. Many people report during times like these, even just 3-5 minutes of the news can increase heart rate and other symptoms of anxiety. Remember to use the CDC as a reference point and place to fact check- or our Weblink COVID19 resource site.

**Limit your social media time.** Even if your social media is filled with healthy distraction, it is still an activity that is not very soothing during times of stress. It is often interrupted with stories that can be catastrophizing our current situation or minimizing/criticizing the work being done.

**Create a new schedule** if your typical schedule has been interrupted. For many of us our usual non-work activities have been suspended. Now more than ever, each of us can create a schedule of what we can do when we are not at work to re-energize while still honoring social distancing.

**Find activities that bring you joy, hope, and strength.** Challenge yourself to keep a journal of these activities. Hold yourself accountable for self care. Stay in touch with your family and friends, social distancing does not mean social isolation.

**Purposeful movement and exercise** is an additional stress relieving activity. If you are in the habit of going to the gym there are creative ways to make sure you stay physically active. This can be walking or running in nature, working out at home, or trying Yoga or workout apps that guide you through exercises that don't require equipment.

There are **apps to help with building mindfulness or reducing anxiety**. HEADSPACE is an excellent option as is WOEBOT --a free app that provides an Artificial Intelligence coach to help your mood, providing tips and teaching skills through brief videos.