

## STEPS TO HELP COPE

People's reactions appear in different ways, not only in the way someone feels, but in the way they think and what they think about — their sleeping habits, how they go about daily living and the way they interact and get along with others. Here are a few steps to help people cope:

- **Stay informed** with accurate, reliable information through trusted resources like the Centers for Disease Control and Prevention. Limit exposure to media coverage, especially for children, and avoid social media accounts and news outlets that promote fear or rumors.
- **Connect with family and friends** through video and phone calls, texts or social media. Offer your support.
- **Take care of yourself** and monitor the physical health needs of your loved ones. Eat healthy, drink plenty of water and get enough rest. Unless you are showing signs of illness or have tested positive for COVID-19, going outside to exercise and walk pets is okay. But don't forget to practice social distancing by keeping at least six feet away from others.
- **Be patient with yourself and others.** It's common to have any number of temporary stress reactions, such as fear, anger, frustration and anxiety. Hold an image in your mind of the best possible outcome. Make a list of your personal strengths and use these to help both yourself and others stay emotionally strong.
- **Encourage children to express their feelings** and thoughts. Reassure them about their safety. Use language that is normal and consistent with how you usually communicate. Be creative and think of fun activities that will occupy their time. Keep a schedule, set appropriate limits and maintain usual rules when possible.
- **Relax your body often** by doing things that work for you — take deep breaths, stretch or meditate, or engage in activities you enjoy. If you are religious or spiritual, follow practices at home that provide you with comfort and emotional strength.
- **Pace yourself** between stressful activities, and do something fun after a hard task.