

COVID-19 Coping Skills

1. Manage your news consumption!

- ❖ It is easy to get sucked in to checking multiple sources every hour for the most up to date information. While it is necessary to remain informed, you can overdo it and increase your anxiety. Check the news once or twice a day OR pass the responsibility on to a trusted other and have them update you on the necessary information.

2. Stay socially distant while remaining emotionally connected.

- ❖ It takes more work to manage your relationships when your environment does not readily put you in contact with others (i.e. seeing friends in the school cafeteria or talking to colleagues at a business meeting). It is important to stay physically away from others during this time but make the effort to be connected to them. Do a virtual happy hour with friends, FaceTime your classmates after school, or post videos online to keep yourself tied to your support system!

3. Get fresh air while staying away from others.

- ❖ Sit in your backyard, open your windows, soak up the sunshine from your living room. Do what you can to get the vitamin D needed to help with your mood.

4. Create a rhythm to your day.

- ❖ Everyone's schedule was thrown out the window in the last week. While holding to a rigid routine while you are at home may be more frustrating than helpful, it is important to have a "rhythm" to your day. Try and create a pattern to follow that helps you move throughout your day and accomplish tasks.

5. Set goals for your time!

- ❖ We use holidays and events to mark the passage of time (i.e. Spring Break, Easter, the weekend, etc.). During the pandemic our typical markers have left us, and all days can start to look the same. Create goals for yourself to help denote the passage of time (i.e. learn a new song on the piano, be able to do 100 pushups, finish a DIY project).

6. Take advantage of this time!

- ❖ Clean out those closets, organize the garage, pick up the backyard. Let the spring cleaning start early this year and do all those things you have been putting off until you have the time!

7. Stay positive!

- ❖ Pollyannas and Debbie Downers will cause problems for you (and the others you are hunkered down with). Aim to be a Realistic Optimist (i.e. prepare for the worst while hoping for the best). Find positives where you can and look for the good news in a day to lift your spirits and remind you that overwhelmingly, people are good.

8. Find things to laugh about!

- ❖ Humor is an essential coping skill and laughter has been shown to have some amazing health benefits. Watch reruns of *The Office*, check out daily memes from some of your favorite accounts, call up a friend and reminisce about old stories. Find the humor in life!

9. Engage in healthy lifestyle behaviors!

- ❖ There is no better natural treatment for anxiety than a good diet, plenty of sleep, and physical activity. Make these things part of the rhythm of your day.



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