

Coping with COVID-19

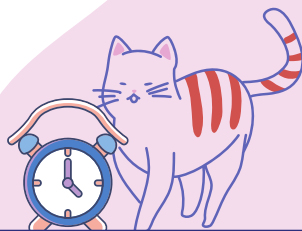
Mental Health tips during social isolation



Limit news consumption to credible sources (CDC, NIH, WHO). Align prevention practices with official recommendations from those sources



Get enough sleep and rest, take naps when needed



Create a realistic and feasible daily routine; follow it



Exercise daily in the best ways you can (walks outdoors are safe!)



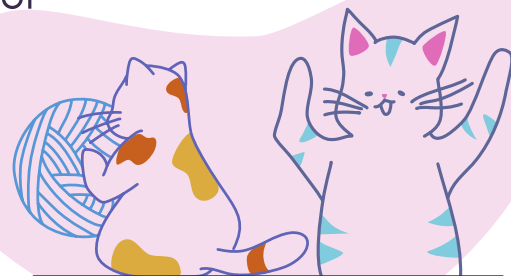
Eat a healthy diet as much as possible



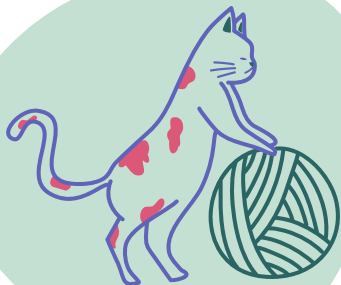
Try to avoid using drugs and alcohol as coping mechanisms



Take breaks to breathe deeply, stretch, and/or meditate



Engage in activities that give you a sense of accomplishment or control



Shift priorities to focus more on what gives you meaning, purpose, and fulfillment



RESILIENCE +
RESISTANCE
COLLECTIVE



Community Health
Access Initiative



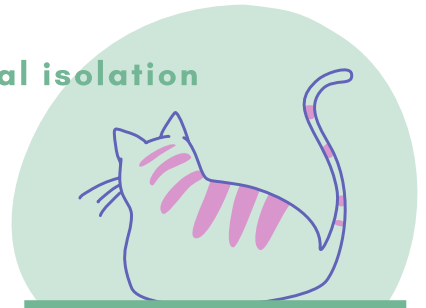
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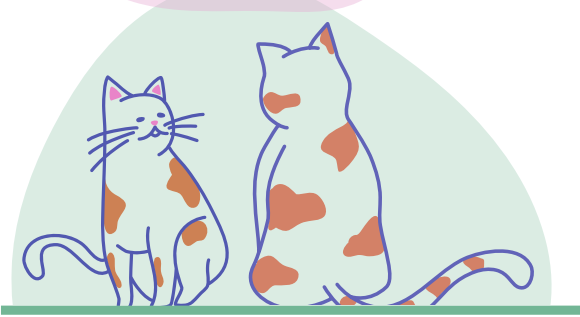
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Examine your worries and explore the differences between what is probable and what is possible.



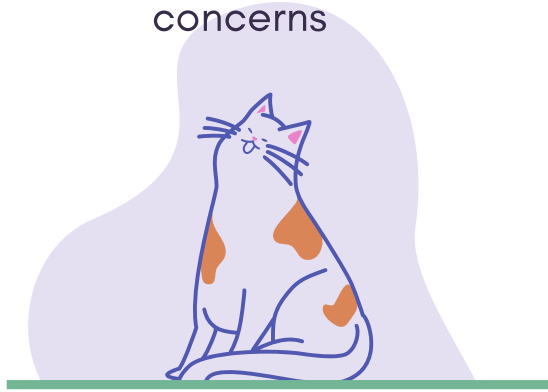
Limit contact with those who are panicking; fear is contagious



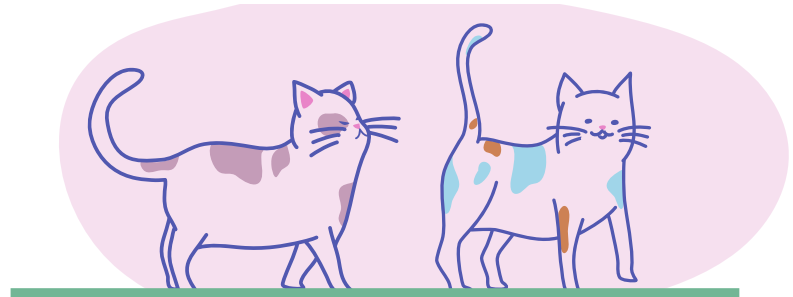
Find someone who can help check your fears and concerns



Stay connected with loved ones and others in your support system (physically or virtually)



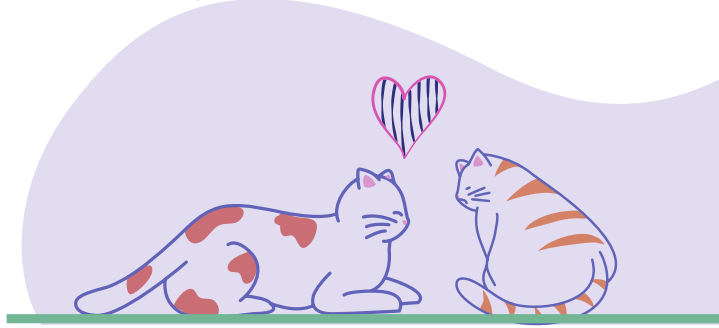
Maintain a sense of hope and positive thinking



Take a walk with a friend or family member



Focus on what you can do, and accept the things you can't change



Talk with friends and family members about topics that bring you joy



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