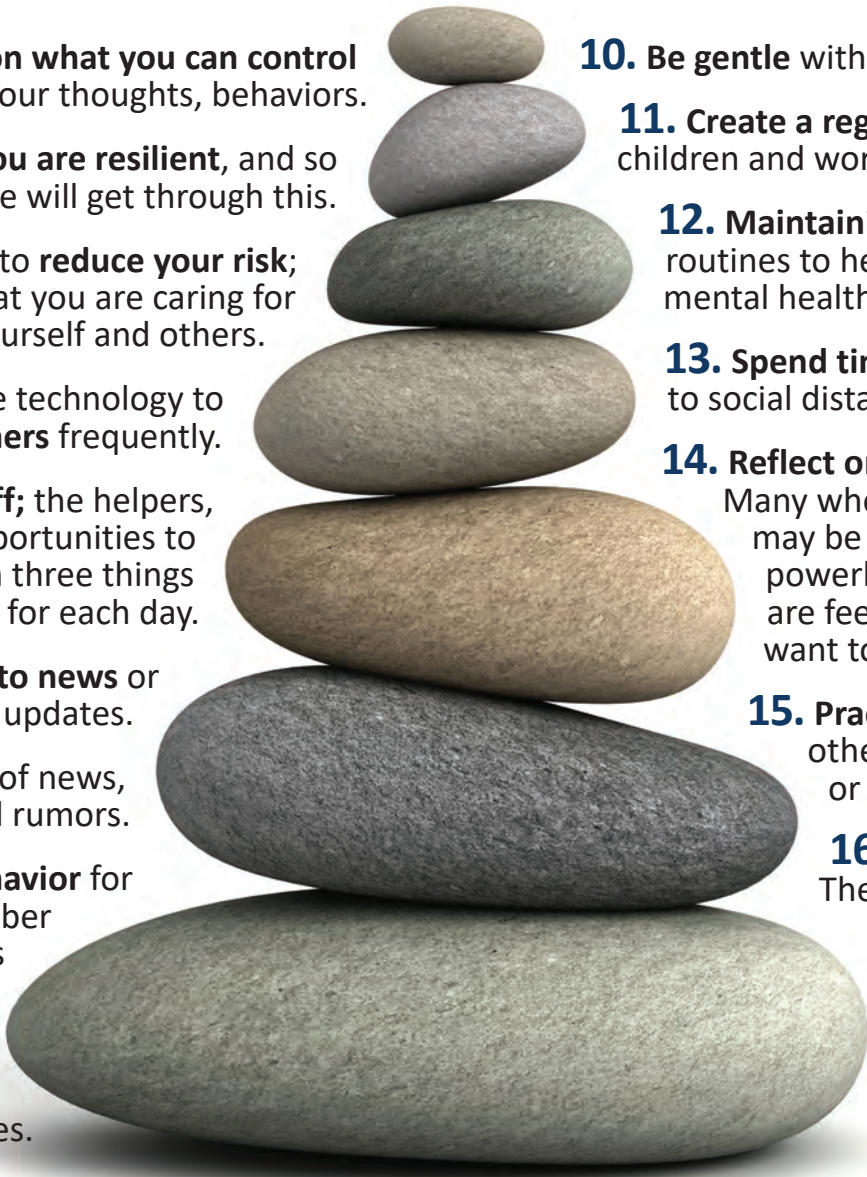




Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

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- 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.
 - 3. Do what you can to reduce your risk**; take comfort that you are caring for yourself and others.
 - 4. Use technology to connect with others** frequently.
 - 5. Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
 - 6. Limit exposure to news** or social media updates.
 - 7. Use reputable sources** of news, avoid speculation and rumors.
 - 8. Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
 - 9. Don't let fear influence** your decisions, such as hoarding supplies.
 - 10. Be gentle** with yourself and others.
 - 11. Create a regular routine**, especially for children and work from home.
 - 12. Maintaining a healthy diet** and **exercise** routines to help your immune system and mental health.
 - 13. Spend time in nature** while adhering to social distancing guidelines.
 - 14. 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.
 - 15. Practice meditation**, yoga, or other mind-body techniques. Find apps or online videos to help.
 - 16. 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**