Coping Tips

During the Coronavirus Pandemic

A new way of living has been introduced to the world due to the coronavirus pandemic. For the first time ever, we've been asked to practice social distancing, self-quarantine and even shelter in place. These changes affect the way we work, socialize and live. Until our circumstances return to "normal" we have a few tips to help you cope with these temporary changes.

Tips for Coping include:

1. **Connect:** Spend time with family, friends, or colleagues using apps such as **Skype**, **FaceTime** or **Zoom**. Staying connected with the outside world is crucial for mental health, support, and laughter. These same apps can be used to communicate with co-workers too!

2. **Avoid:** Limit the amount of time you spend watching news reports to **30-minutes a day**. Watching too much news related to the pandemic, whether it's via social media or television, can lead to anxiety and feeling overwhelmed. Stay informed by watching brief reports, two times a day. Pick a channel or view online news sources that are accurate, fact-based and current such as **cdc.gov**.

3. **Go outside:** Sunlight improves our immune system, increases your production of vitamin D, stabilizes your sleep cycles, and leads to a more positive mood. Try to spend at least **10-30 minutes** in direct sunlight several times per week.

4. **Create a To-Do list for each day:** Stay productive by creating a plan for the day's activities. Creating a list for work, school and home will help you stay organized and create a routine that helps you plan for your day. When we accomplish even small goals, we tend to feel better about ourselves and our situation.

5. **Start a new hobby:** Consider learning how to draw, paint, knit, or bake. This will help you get out of the same-old routine while challenging your brain to learn new things.