

# COPING WITH COVID 19

APRIL 2020

During this unprecedented time of change and uncertainty, we would like to offer some information to help as we all navigate these uncharted waters.

## Here is some advice from the CDC to help you cope with the stress and anxiety of this situation:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Signs of stress include:** being tired or fatigued, having difficulties concentrating, irritability or short temper, and poor appetite. This may also be combined with unhealthy coping habits such as smoking, drinking alcohol, and over- or under-eating.

Source: <https://www.psychologytoday.com/us/blog/the-race-good-health/201212/4-healthy-ways-cope-stress>

**If you feel overwhelmed by stress, you may want to talk to someone, such as your EAP, who can help you better manage stress and change unhealthy behaviors.**

## PARENTS

Just a reminder that your kids feel stress, anxiety, depression and fear the same as adults; they just might not show it in the same way. By managing your own stress and anxiety and projecting a calm and confident manner, you can help your children feel safe and reassure them during this current crisis.

Try these websites for great learning tools, ideas, and activities to help educate and entertain your children.

- Amazon-The Great Big Book of Activities, Games, Recipes and Projects for Kids by Kallie Johnson
- Google Arts & Culture Virtual Tours of more than 2,500 Museums and Galleries
- [www.homeschool.com](http://www.homeschool.com)
- [livescience.com](http://livescience.com)
- [www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](http://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)
- [freedomhomeschooling.com/virtual-field-trips](http://freedomhomeschooling.com/virtual-field-trips)
- [www.weareteachers.com/best-virtual-field-trips](http://www.weareteachers.com/best-virtual-field-trips)
- [frugalfun4boys.com](http://frugalfun4boys.com)
- Online classes for boy scouts-  
[scoutingevent.com/083-OnlineMB#](http://scoutingevent.com/083-OnlineMB#)
- [chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home](http://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home)

**REMEMBER...**  
Social distancing  
does not mean  
social isolation!

Utilize **Zoom, Skype and Facetime** to connect with colleagues, family, support groups and friends.

Access your local library through the **Libby App** to access library resources such as books, audiobooks & magazines.

Try any one of these apps to benefit from relaxation exercises, including breathing & meditation- **Aware, Calm, Headspace, & Shine**, for just a few examples.

**YouTube** is a great place to look up exercise classes, tutorials, homework aids, etc.

**Topic: Keep calm and carry on-maintaining your composure during the coronavirus outbreak**

<https://register.gotowebinar.com/recording/4923622270961351949>

## For current information on the COVID 19 VIRUS

World Health Organization

Centers for Disease Control

Ohio Governor DeWine website

**If you are feeling alone or struggling, we are here to help.**

**StressCare Behavioral Health EAP, Inc.**

**Your Employee Assistance Program**

**419-531-3500**