

# TIPS TO COPE

Limiting your social interactions is important in preventing the spread of COVID-19, but it can also take a toll on your mental health. Follow these helpful coping tips while you are self-quarantining at home.



- Maintain a positive attitude and plan a daily routine: take breaks, get plenty of sleep, exercise and eat well.
- Make sure that you have adequate food, medical and health care supplies on hand to sustain you during the time you're quarantining. If you need supplies, seek out delivery services that can leave items at your door.

## Set Up a Home Work Station



Maintain your routine - get up and dressed daily.











Coordinate conference calls and virtual meetings with co-workers/teachers.



Take scheduled breaks to stretch and for lunch.



Put your work away at the end of your workday or school day.

- Connect with your loved ones through phone, text or video chat. 
- Use your social support system and connect through phone or video chat. 
- Check with your health care provider about using telemedicine to stay in contact for appointments that you need to maintain. 
- Choose activities that give you **meaning, purpose** and **fulfillment**. 
- Relax outside in your yard or porch if your outside environment is free from contact with neighbors or community members. 
- Make time to do things that make you and your family feel better under stressful situations, such as reading, watching movies and playing games. 
- Get active! Exercise helps your physical and mental health. Take advantage of free video exercise workouts online. 
- Plan fun and meaningful activities for children and families. 



If you are in distress and need to speak with someone you can call the Disaster Distress Helpline at **1-800-985-5990** or text **TalkWithUs** to #66746.