

## Find your happy place.

### TIPS TO REDUCE COVID-19 STRESS

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!