

Mental Health and Coronavirus

The outbreak of COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media
- Take care of your body. Take deep breaths, stretch, meditate, or smudge. Try to eat healthy food, exercise at home regularly, get plenty of sleep, drink water, and avoid alcohol and drugs
- Make time to unwind. Try to do some activities you enjoy that can be safely done while social distancing.
- Connect with others – talk to the family that you live with or others that you trust on the phone/online to discuss your concerns and how you are feeling

Things you can do to support your child/teen:

- Take time to talk to your child/teen about the COVID-19 outbreak – answer questions and share facts in a way they can understand
- Reassure your child/teen that they are safe. Let them know it's okay if they feel upset. Share with them how you deal with your own stress so they can learn coping skills.
- Limit your family's exposure to news coverage of the pandemic. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up regular routines – come up with activities you can do at home
- Be a role model

Ideas While Social Distancing

AVOID	Use Caution	Safe to Do
Group gatherings Sleepovers Playdates Concerts Theatre outings Crowded retail stores Malls Gyms Visitors in your house Non-essential workers in your house Mass transit systems Traveling	Visit a local restaurant Visit grocery store Get take out Pick up medications Play in a park Visit the library Church services	Take a walk or hike Yard work Play in your yard Clean out a closet Read a good book Smudge Listen to music Call an Elder Cook a meal Family game night Go for a drive Group video chats Stream a favorite show