MANAGING CORONA VIRUS (COVID-19) ANXIETY

Tor You

- -Avoid excessive exposure to media coverage
- -Connect through calls/text/internet
- -Add extra time for daily stress relief
- Practice self-care
- -Focus on your

 mental health

For Kids

Reassure them that they're safe

Let them talk about their worries

Share your own coping skills

- -Limit their news exposure
- -Create a routine

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- -Focus on new relaxation techniques