



# TIPS FOR COPING WITH COVID 19 STRESS

DURING A CRISIS, SUCH AS THE COVID-19 PANDEMIC, IT IS COMMON FOR EVERYONE TO EXPERIENCE INCREASED LEVELS OF DISTRESS AND ANXIETY. SOCIAL ISOLATION MIGHT ALSO ADD TO THIS INCREASED DISTRESS. HERE ARE SOME TIPS TO HELP MANAGE YOUR OWN MENTAL WELL-BEING WHILE ALSO CARING FOR PATIENTS WHO MIGHT BE EXPERIENCING STRESSORS.



## STAY CONNECTED

Reach out to family and friends who help you to feel heard and seen.



## HAVE A GROWTH MINDSET

Make time to do things you enjoy. Sometimes a little distraction is needed. Keep your mind busy by reading, listening to music/podcasts. Journal. Create art. Read. Work on a hobby. Practice mindfulness. Learn something new. Also, practice self-compassion. It's okay to just rest and recharge!



## LET'S GET PHYSICAL!

Look after your body. Exercise and movement are fun ways to keep yourself in shape, and also keep your mind sharp and calm. If exercise is not your thing, think of fun creative ways to get your body moving. Meal planning and prepping a well-balanced meal is a great way to avoid the quarantine 15.



## MAINTAIN A ROUTINE

Routines can help improve daily functioning, level of motivation, sleep cycles, and decrease stress related to the unknown. Focusing on what we can control, is a great way to help calm the mind.



## SET BOUNDARIES

It's okay to take a break from the news, information overload, and social media debates.



## FEEL FREE TO FEEL YOUR FEELINGS

Perform regular check-ins with yourself. It's okay to mourn the loss of plans and big life changes. Monitor yourself for symptoms of something more intense such as prolonged sadness, difficulty sleeping, intrusive memories, unsafe ideations, and/or feelings of hopelessness. Be open to seeking professional help if symptoms persist or worsen over time.

BY: CHRISTINE CROWELL, LPC

Behavioral Health Clinician  
Adagio Health | Erie