

STRATEGIES FOR FAMILIES AND PROVIDERS TO

STAY WELL

DURING THE CORONAVIRUS PANDEMIC

MANAGE YOUR THOUGHTS AND EMOTIONS



Feelings of anxiety and sadness are normal during this time. Limit watching and reading the news and avoid people who only focus on the negative. If your feelings are overwhelming seek help from a professional counselor.

FIND NEW WAYS TO CONNECT



You may not be able to see your friends and family in person, but you can send a text message, postcard, or a letter. You can also see them through [FaceTime](#), [Google Hangouts](#), [Zoom](#), and [WhatsApp](#). [Houseparty](#) also has games you can play together on the computer.

ESTABLISH A NEW ROUTINE



Your routine may have changed. To help your brain adjust to new habits, create some stability and predictability for yourself and those you care for by creating a new routine.

STAY ACTIVE, EAT HEALTHY, AND SLEEP WELL



One of the best ways to feel better is by taking care of the body. Stay active, eat healthy and sleep well. [YouTube](#) has free videos, look for deep breathing, yoga and aerobic exercises that you can do from home. Eat healthy and minimize fast food and junk food. Try to go to sleep every night and wake every morning at the same time.

CREATE MOMENTS OF JOY



Seek joyful experiences - even during trying times - by laughing, having fun, being silly, enjoying nature, listening to music, dancing, creating, connecting with others, reaching out to others and helping others who are in need.