DDS Department of Developmental Services

STRATEGIES FOR INDIVIDUALS TO

STAY WELL

DURING THE CORONAVIRUS PANDEMIC

MANAGE YOUR THOUGHTS AND EMOTIONS

Feeling sad, lonely or frustrated is normal during this time. When you feel this way, try to avoid watching and reading the news a lot and avoid people who only focus on the negative. If you need help with how you feel, try talking to your friends, family, or support staff about your worries or concerns.

FIND NEW WAYS TO CONNECT

You may not be able to see your friends and family in person, but there are other ways to stay connected. You can call them on the phone, send them a text message, a postcard or a letter. You can also see them through a video chat using FaceTime, Google Hangouts, Zoom, and WhatsApp. Houseparty also has games you can play together on the computer.

ESTABLISH A NEW ROUTINE

What you do every day is likely different than what you did before COVID-19. To help adjust, come up with a new routine for each day. Going to sleep and waking up, eating meals, and doing activities at the same time every day can help you adjust.

STAY ACTIVE, EAT HEALTHY, AND SLEEP WELL

One of the best ways to feel better is by taking care of your body. Now is more important than ever to exercise, eat healthy and sleep well. YouTube has free videos to teach you how to practice deep breathing, yoga and aerobic exercises that you can do from home. Limit fast food and junk food, it is not good for keeping you healthy and well. Sleep gives our body a chance to rest. Try to go to sleep every night and wake every morning at the same time.

CREATE MOMENTS OF JOY

Seek joyful experiences by laughing, having fun, being silly, enjoying nature, listening to music, dancing, talking to friends, reaching out to others and helping others who are in need.