MANAGING CORONA VIRUS (COVID-19) ANXIETY

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For 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

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 & structure

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