

Put Your Health First During These Stressful Times

It certainly isn't business as usual lately. But thanks to the dedication of people like you, we're able to keep our organization running and provide important services during the coronavirus pandemic.

As you adjust to your new normal, we're here to help. We'll provide you with tools, resources and tips that can help you manage daily stress and keep close connections during these difficult times.

Manage stress

Start a meditation routine

Taking a few minutes to meditate each day can help you reduce stress and manage depression. To get started, sit with your back straight, close your eyes and focus on breathing slowly, deeply and gently for 10 minutes.

Put your well-being first

Make sure you prioritize your health and put aside "you" time. Get lost in a book, tune-out with some music, or practice being present by searching your favorite video streaming site for "living room yoga."

Find time for laughter

Finding ways to laugh can help take your mind off the daily news cycle and help you stay on top of your stress. Try listening to a funny podcast, watching a comedy standup or searching for viral cat videos!

Enjoy the weather

Make sure you put aside "you" time. Even if you're stuck in close quarters with loved ones, you can get lost in a book, tune-out with some music, or practice being present by searching your favorite video streaming site for "living room yoga."

Adapt your parenting style

These are stressful times for kids and parents. To help everyone, limit your family's exposure to news coverage of the outbreak, try to keep up with regular routines and adjust your parenting rules. With stir-crazy kids at home, it's okay to allow for more screen time or make other adjustments as needed.

Prep meals ahead

When you cook, make extra portions so you can enjoy healthy, ready-made meals all week long. To save time, you can take advantage of frozen fruits and veggies, which can be just as healthy as fresh produce.

Stay connected



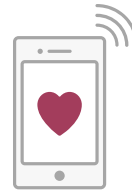
See family face-to-face

Face-to-face time online could be better for your emotional health than talking on the phone or sending emails. To stay close with friends, family and loved ones you can't be near, try using video chat.



Stay in touch with social media

When used right, social media can help you improve your emotional well-being. Use it to share your life with loved ones, get regular updates from friends and family, receive news about your local community and more.



Keep close connections

If you've been meaning to reconnect with an old friend, this could be the perfect time to reach out. Keeping close connections can help you deal with stress and even live a longer, healthier and happier life.

Learn the latest



Get the most up-to-date information about the coronavirus from the [Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#).

Visit the CDC at cdc.gov/coronavirus/2019-ncov/index.html

Visit the WHO at who.int/emergencies/diseases/novel-coronavirus-2019

SOURCES

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Harvard School of Public Health: "Social media can be positive for mental health and well-being"
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Doctor Verified

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