



COVID-19: TIPS FOR COPING

SELF CARE

The pandemic can feel overwhelming due to long work hours, caring for your family, kids online schooling and lots of new information. It is normal to feel stressed or overwhelmed during uncertain times. Your emotional response may include a combination of anxiety, fear, anger and sadness. You may also could feel helpless, discouraged or out of control. Your body's physical responses may include headache, muscle tension, fatigue and sleeplessness.

Physical Self-Care

- Eat a healthy, well-balanced diet and drink plenty of water.
- Sleep 7 to 8 hours each night.
- Exercise every day.
- Spend time outside, such as going for a walk in the park or biking, but follow social distancing guidelines.
- Take deep breaths and stretch throughout the day.
- Avoid abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.

Mental Healthcare

- Set and maintain a daily routine.
- Focus on things you can control.
- Use technology to keep in touch with friends and family.
- Focus on the now and find things to be grateful for today.
- Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Consume reliable news sources that report facts.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.



COVID ANXIETY

Tips to Cope



Here's are six tips to help you cope with COVID related anxiety. Coping with stress in a healthy way will make you, the people you care about, and our city stronger.



Pause. Breathe.
Notice how you
feel.



Take breaks from
upsetting content



Take care of your
body



Avoid alcohol and
drugs



Maintain a routine



Seek help if
overwhelmed or
unsafe



CHILDREN

Students in our city are dealing with sudden changes to their social lives and daily routines, the inability to access education, food insecurity, These challenges can present feelings of despair, anxiety and stress. Parents, who are already struggling to balance working from home and looking after children, should try to focus daily on creating a positive home environment and continuing to build quality relationships with children to help them feel secure and confident in uncertain times. Regular family meals are one way to nurture relationships and check in with your children. Dr. Noam of the PEAR institute shares some tips

Young children: Be available and in close distance as much as possible. Parents should practice their own self-care so they are rested and patient with little ones who need them throughout the day.

School age children: Parents should choose their battles over school-work. Don't pick a fight when it will compromise the quality of the parent-child relationship and try to transition a potential conflict into something more positive. Do not set low expectations or avoid creating needed structure - just remember that consistent criticism can create a bad environment for everyone. Playing games, listening and providing hope are other constructive ways to build a stronger connection.

Teenagers: When possible try to watch movies and listen to music together with your teen. Learn their world, but also respect their need for privacy and time alone as they are used to spending more time with their friends.





Helpful Numbers and Websites

Disaster Distress Helpline

<https://www.samhsa.gov/disaster-preparedness>

1-800-985-5990

Houston Area Women's Center

(Domestic Violence)

<https://www.domesticshelters.org/help/tx/houston/77019/houston-area-women-s-center>

713-528-2121

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

1-800-273-8255

Veteran's Crisis Line

<https://www.veteranscrisisline.net/>

1-800-273-8255

Interactive Map of Selected Federally Qualified Health Centers

<https://data.cms.gov/Government/Map-Selected-Federally-Qualified-Health-Center-FQH/hqut-bhwm>

Abuse, Neglect, or Exploitation

(of children, elderly or persons with disabilities)

<https://www.txabusehotline.org/>

1-800-252-5400

Houston Health Nutrition Program

https://www.houstontx.gov/health/Aging/nutrition_services.html

832-393-4301

Curbside Meal Distribution

https://www.houstontx.gov/parks/pdfs/2020/HPARDCurbsideMealDistributionProgram_NewInfo.pdf