

# MANAGING COVID-19 ANXIETY

## FOR YOU

- ✓ Avoid **EXCESSIVE** exposure to media coverage
- ✓ **CONNECT** through calls/text/internet/video
- ✓ Add **EXTRA** time for daily stress relief
- ✓ **PRACTICE** self-care
- ✓ Focus on your **MENTAL** health

## FOR KIDS

- ✓ Reassure them that they're **SAFE**
- ✓ Let them **TALK** about their worries
- ✓ Share your own **COPING** skills they could use
- ✓ Limit exposure to **NEWS**
- ✓ Create a **ROUTINE** and structure

## FOR QUARANTINE/ISOLATION

- ✓ Keep in **CONTACT** with your loved ones via phone, text, video
- ✓ Create a daily **SELF-CARE** routine
- ✓ Keep yourself **BUSY**: movement, books, games, movies
- ✓ **FOCUS** on new relaxation techniques

WE ARE IN THIS TOGETHER- JUST  
VIRTUALLY!

**#KATYSTRONG**