**General Tips During COVID-19:**

· Breathe.

· Limit 24/7 media exposure. Focus on credible sources (e.g., Minnesota Department of Health and the CDC)

· Stay connected – social media (in moderation), texts, calls, Skype, FaceTime, IG, twitter, etc

· Call (or text TalkWithUs to 66746) SAMHSA’s Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support. It is available 24/7, multilingual, free, and confidential. If feeling suicidal, call 911 or the suicide hotline: 1-800-SUICIDE.

· Focus on what you have control over

· Hobbies (jigsaw puzzles, sewing, crafts, making cards, Lego building, movies, etc.)

· Keep & create a routine

· Exercise every day. If safety or weather prevent you from going outside, consider the 7-minute workout: <https://www.nytimes.com/guides/well/activity/the-7-minute-workout>

· Consider daily gratitude journal

· Remember why you’re doing social distancing: both for you/your family and for our community/state/country!

· Strive to make healthy choices in food

· Get outside every day & enjoy the sunshine & fresh air (but stay 6 feet away from people!)

· Check in on & support neighbors, elderly, friends/family (especially those that are quarantined)

· Engage in spiritual/religious activities if that is useful (e.g., prayer, meditation)

· Distract – good book, movie, games, music

· Realize it’s very normal to feel anxious right now – and remember you’re not alone

· Ask for help! Talk to a friend or family member

· Try new relaxation techniques (lots of good free apps out there like Calm)

· If you live with any emotional or addiction issues, realize that these may be heightened right now. Symptoms of depression & anxiety may temporarily increase. You may be more tempted to engage in behaviors that can create problems for you (e.g., increased use of alcohol/drugs/tobacco, eating more than feels right for your body, excessive online spending). If you notice these things, realize this is common during times of elevated stress – and check in with someone you trust. May consider online 12-step meetings http://aa-intergroup.org/ or online SMART Recovery meetings: https://www.smartrecovery.org/community/

· Focus on the many ways in which communities are coming together to support each other

**Parents: Tips for your kids:**

National Child Traumatic Stress Networks’ GREAT guide for parents to help families cope with COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

- Have regular, ongoing open discussions as a family – encourage kids to ask questions

- Role model healthy coping

- Limit their exposure to the news

- Routines are super important – keep them up (e.g., bedtimes, meals, exercise)

**Online resources:**

Taking care of your behavioral health: Tips for social distancing, quarantine, and isolation during an infectious disease outbreak: https://store.samhsa.gov/system/files/sma14-4894.pdf CDC: Manage Anxiety and Stress: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html? Headspace is offering its Headspace Plus guided meditations for free to health care providers in the US - provide your email address and NPI.

American Psychiatric Association: Taking care of ourselves during infections disease outbreaks: <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

Of course, don’t forget to wash those hands, stay home if sick, and keep 6’ away from people when you can.