

# Managing COVID-19 Anxieties

## For You

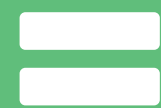
- ≡ Avoid excessive exposure to media coverage
- ≡ Connect through calls/text/internet
- ≡ Add extra time for daily stress relief
- ≡ Practice self-care
- ≡ Focus on your mental health

## 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 and 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



**Lifestyle  
Solutions**