

Positive Coping Skills

Exercise and eat regularly

Positive Coping Skills

Get enough sleep and have a good sleep routine

Positive Coping Skills

Avoid excess caffeine which can increase feelings of anxiety and agitation

Positive Coping Skills

Learn relaxation exercises

Positive Coping Skills

Decrease negative self-talk

Positive Coping Skills

Learn to feel good about doing a "good enough" job rather than demanding perfection

Positive Coping Skills

Listen to music

Positive Coping Skills

Spend time with a pet

Positive Coping Skills

Build a network of friends

Positive Coping Skills

Take breaks from watching, reading, or listening to news stories, including those on social media

Positive Coping Skills

Take care of your body

Positive Coping Skills

Take deep breaths, stretch, or meditate

Positive Coping Skills

Try to eat healthy, well-balanced meals

Positive Coping Skills

Talk with people you trust about your concerns and how you are feeling

Positive Coping Skills

Connect with your community or faith-based organizations

Positive Coping Skills

Address children's fears

Positive Coping Skills

Reassure your children that you are there for them and that your family will get through this together

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Keep in touch with loved ones

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