













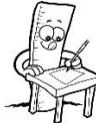



You're Not Alone: Coping with COVID-19 Living Restrictions




To decrease the impact that coronavirus (COVID-19) is having on our communities, health officials have asked the public to “**shelter-in-place**” or **stay at home** and minimize contact with others in the community. For many of us, this can be a stressful time, leading us to feel nervous, anxious, sad, or even angry. It is important to know that this situation is **temporary** but a necessary lifestyle change.

Below are some suggestions on how we can all **fight loneliness** and **find joy** in our lives during this hard time.

Take Care of Yourself!		
<p>Get at least 8 hours of sleep a night</p> 	<p>Eat healthy and nutritious foods</p> 	<p>Stay hydrated</p> 
<p>Set daily goals (shower, get dressed, read)</p> 	<p>Use prayer, meditation, or deep breathing</p> 	<p>Open your window and get fresh air</p> 
<p>Provider recommended light exercise, stretching, or yoga</p>  <p> Use soup cans as weights during exercise</p>	<p>Remember the positive and wonderful things in your life</p>  <p> Write it down if that helps you</p>	<p>Let negative self-talk go</p>  <p> Imagine a stop sign when you find yourself saying negative things about yourself</p>

Safely Connect with Others!		
<p>Talk on the phone with a supportive person daily</p>  <p> If you have access, video-chat or email family and friends</p>	<p>NOTE: Keep your phone charged and know how many phone minutes you have per month</p>	<p>Write a letter to someone. . . you don't have to mail it!</p>  <p> If it helps, tell others how you are feeling</p>

Other ideas to stay busy!

<p>Sing and/or Dance</p> 	<p>Read a book or the daily newspaper</p> 	<p>Play a game by yourself</p> 
<p>Work on a house project</p> 	<p>Safely walk around your apartment to stay active</p> 	<p>Be creative</p> 
 Organize your junk drawer or tidy your closet	 Walk during TV commercials	 Color or draw

Everyone reacts differently to stress and that's okay! There are many free resources available to help you cope. Below are some resources for you to call and/or text for additional support if you are feeling overwhelmed with sadness, anxiety, anger or fear!

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) text CONNECT to 741741
- **Substance Abuse and Mental Health Services (SAMHSA) Disaster Distress Helpline:** 1-800-985-5990 or text TALKWITHUS to 66746
- **Illinois Domestic Violence Hotline:** 1-877-TO-ENDDV or 1-877-863-6338 (voice) or 1-877-863-6339 (TTY)
- **Emergency:** 9-1-1