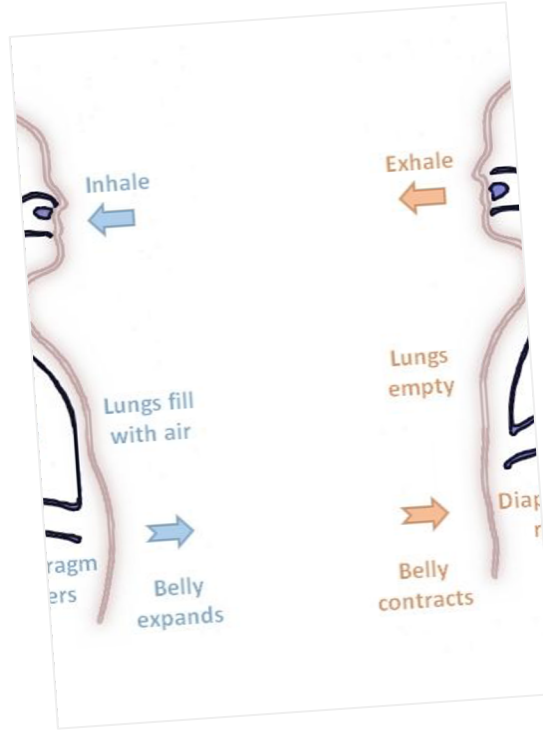


Coping Strategies

While we're all stuck at home and uncertain about the future of school, activities, etc., I know this time can be overwhelming. If you find yourself struggling with certain feelings of anxiousness, nervousness, etc., please try a few of these coping strategies to help you be more calm and relax.

Try to breathe through your nose (with your mouth closed) and then blow air out your mouth. Practice this and try to inhale for at least 4 seconds and then exhale for at least 4 seconds. Try this a couple of times and you should see results of your heart rate slowing down and you should start to feel more calm.



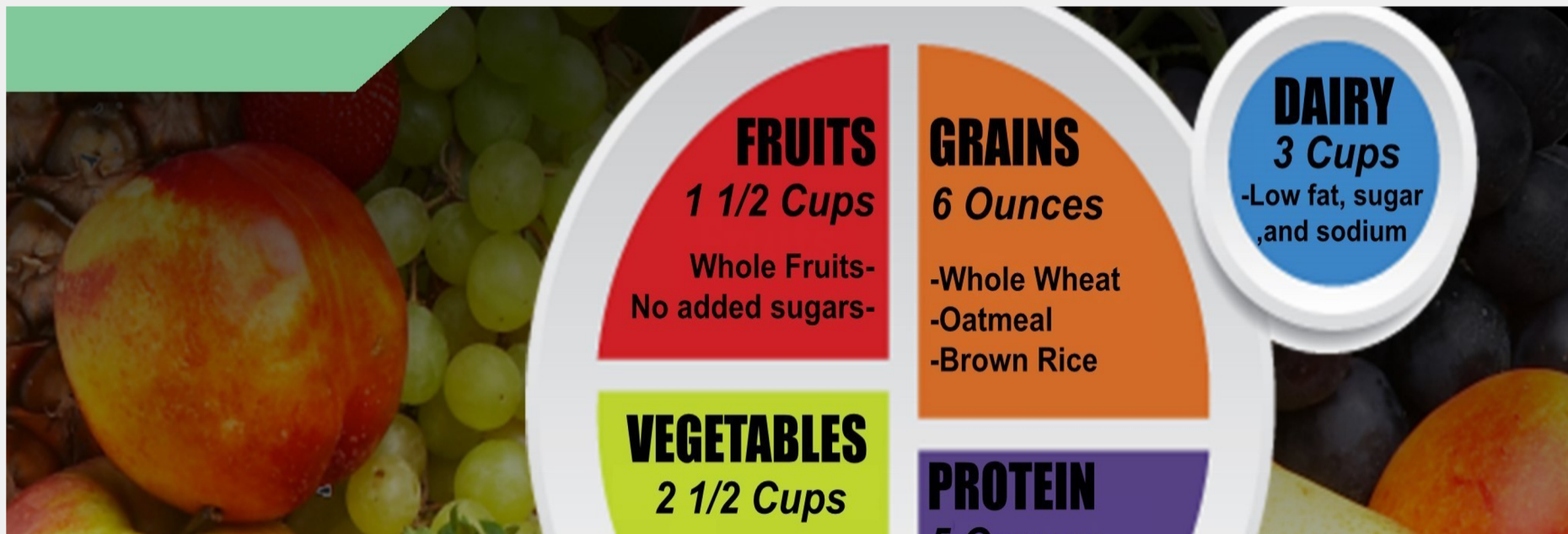
Deep Breathing

Get outside and exercise! Sometimes, the best way to stop anxious thoughts is to get away from the situation. Taking some time to focus on your body and not your mind may help relieve your anxiety. Try going for a walk, jog, run, or try 15 minutes of Yoga.



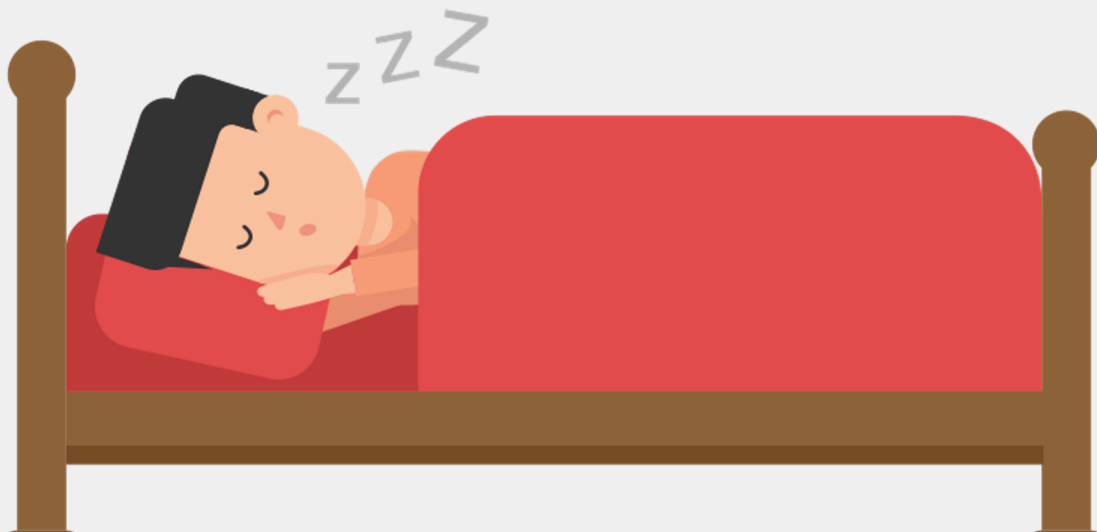
Journaling: Writing down what's inside your head and getting those thoughts out onto paper makes them seem less daunting.





Remembering to eat healthy while you're at home will go a long way in the way you feel physically and emotionally. Remember you should eat foods with lots of different colors. Try a new fruit or vegetable.

Getting a good night's sleep will go a long way in helping you feel and be your best healthy self. Sleep is essential for a clear mind and healthy body. Even when your schedule is off, you should still try to get 7-8 hours of rest each night.



-Stay connected to the ones that you love and that care about you. Even with social distancing, you can still talk to your friends on the phone or through Facetime and with family members - play board games, take a walk, watch a movie, or do a fun family activity together.

