

Coronavirus (COVID19) : Tips for Anxiety

- 1.) Continue to engage and connect with those you feel safe with.
 - Text, email, message, video, and just talking to those who you live with
- 2.) Limit the time you spend online or watching the news.
 - Gather information from valid sources such as the CDC, Unicef, WHO, etc.
 - Disconnect and step back once you have informed yourself.
- 3.) Take Action where and when you can:
 - Use hand sanitizer, clean your home, wash your hands frequently, participate in social distancing, take vitamins and boost your immune system, etc.
- 4.) Create space to relax:
 - Journaling, reading, walking, meditation, breathing exercises, stretching, baths, etc.
 - Practice positive self-talk, time-outs and slowing down
- 5.) Stay busy and productive:
 - There are many free online resources to help pass the time from yoga videos, to virtual tours of museums to free college courses!

For Kids:

- Allow children to express their own concerns/emotions
- Reassure them of their safety
- Relax, connect and communicate together (engagement and contact is anxiety reducing)
- Build schedules and routines (it helps kids know what to expect)
- Limit their exposure to news/information about the Coronavirus
- Model positivity and healthy behaviors (kids learn the most from our actions)



Providing counseling and therapy for families, individuals, and couples in the Adirondack region.