

Coping with COVID-19: Tips!

CREATE SPACES

Create a structured environment dedicated to work, a separate space to be social or do self-care, and a space for sleep

SET BOUNDARIES

Implement boundaries with those around you, how you spend your time, media consumption, etc. to help take care of yourself

CONTROL WHAT YOU CAN

Recognize what you can control vs. what is out of your control, and focus on the things you are able to control

LIMIT MEDIA CONSUMPTION

Limit the amount of time you spend reading/watching information about COVID-19 through the media

REGULAR ACTIVITY

Use exercise and mindfulness activities to help mitigate depression and anxiety

STAY SOCIALLY CONNECTED

While physically distanced, use video tools like Skype, Facetime, Facebook, Zoom, and Whatsapp to stay visually connected

FOCUS ON THE POSITIVE

When possible, focus on the good/positive of your situation (e.g., you are safe at home, more time for projects/self care, etc.)

PRACTICE SELF-COMPASSION

Be kind to yourself! Recognize that you do not need to be functioning at your highest level during a global pandemic, just do your best.

ACKNOWLEDGE EMOTIONS

Allow yourself time to recognize, feel, and process your emotions. It is ok to feel however you feel about everything going on



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