

4 B'S OF COPING WITH COVID-19 STRESS

You can manage stress during the COVID-19 pandemic by learning to be aware of changes in your mind and body and finding ways to cope in healthy manner.

For your behaviors:

- ☐ Journal
- ☐ Draw or color
- ☐ Talk with a trusted person:
"I am feeling ___ about___"
- ☐ Record and monitor my feelings on paper or in a mood app
- ☐ Take a mindful walk and focus less on big feelings and more on nature around you
- ☐ Do a distraction activity that helps you feel calm and or you enjoy

For your body:

- ☐ Go outside, be in nature
- ☐ Stretch throughout the day
- ☐ Do a body scan to see if there is any tension and release
- ☐ Get sufficient rest
- ☐ Stay hydrated
- ☐ Get fresh air and sunlight when able
- ☐ Eat nutritious, balanced meals
- ☐ Physical Activity:
 - Walking
 - Jogging
 - Riding a bike

For your big feelings:

- ☐ Maintain daily routine/rituals
- ☐ Journal your thoughts and feelings.
- ☐ Limit exposure to news
- ☐ Stay connected with friends, family, and community supports
- ☐ Think of how to help or support others
- ☐ Stay active
- ☐ Reading positive/inspirational books
- ☐ Say calm statements to yourself:
 - “I will get through this”
 - “I am not alone”
 - “I can ask for support”
- ☐ Visualize nice, pleasant places
- ☐ Meditate or Pray

For your brain:

- ☐ Continue to do activities you enjoy if still able to, if still able and can stay safe
- ☐ Pick up a new hobby
- ☐ Learn a new skill
- ☐ Do a brain exercise/activity (e.g., a puzzle or a teaser).
- ☐ Take slow deep breaths
- ☐ Take a brief “brain break”
- ☐ Focus on one thing at a time
- ☐ Stay present in the “here and now”
- ☐ Focus on what you can control
- ☐ Think of positive images/scenes
- ☐ Close eyes and rest
- ☐ Listen to soothing sounds or silence