

Managing COVID-19 Anxiety

For You

Stay informed but limit excessive exposure to media coverage

Stay connected to friends and Family using phone, texts or video messaging

Follow a daily routine

Reframe "I am stuck inside" to "I can finally focus on my home and myself"

Keep your home organized, predictable and clean.

Create a quarantine ritual by journalling or exercising the same time every day

Practice Self Care with mindfulness, meditation, yoga, art or exercise

For Your Children

Make them feel safe.

Give them facts, and let them lead the discussion.

Let them know what to expect.

Empathy, empathy, empathy.

Remember child's age and temperament

Maintain a normal routine.

Model the behavior you want to see.

