LOVE IN THE TIME OF CORONA A COVID Coping Skills List

Here is a list of healthy coping skills that you can use to calm yourself and feel better if you are struggling with worries or negative thoughts related to the Coronavirus outbreak.

Phone a
Friend
Pick
someone
you
haven't
talked to in
awhile!
Tell them
your best
memory of
them.

Youtube Listen to some videos of oceans and bubbling brooks- let the calming sounds distract you.



Drink Water Staying hydrated is a mood booster!!



Unplug News, social media, etc... sometimes the best thing you can do is turn it off.



Pick a nearby nursing home and write to a senior theretell them about your life, ask them about theirs, and wish them good health.

Laugh
Together
Tell a
family
member
your
funniest
memory.

Green Walk Moving through fresh air and green nature is sure to boost your mood and distract you from your worries.

Pet Hugs Pets aren't worried about the virus, so borrow their calm with a hug!!

Ice Cream Bad feelings can not exist while you eat some ice cream!



Exercise It gets those happy chemicals flowing through your brain and body!