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# WAYS TO COPE WITH STRONG FEELINGS RELATED TO COVID-19

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- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis.
- Get information from a trusted source, such as [coronavirus.ohio.gov](https://coronavirus.ohio.gov) or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but do not overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your daily routine. Take deep breaths when feeling overwhelmed.
- Stay connected with family and friends. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies and activities that do not expose you to close contact with others.
- Spend time outdoors, going for a walk, hiking, or playing with your dog.
- Be aware of negative thoughts and try to reframe your thoughts, shifting to a more positive perspective.
- Take time to reflect on the positive things in your life, identifying what you are grateful for.
- Rather than stressing over things outside of your control, focus on things that are within your control.
- Make time for fun and relaxation each day.

Recognize signs of distress:

- Feeling hopeless or helpless
- Changes in appetite, energy, and activity levels
- Difficulty concentrating
- Feelings of numbness, anxiety, disbelief or fear
- Difficulty sleeping or nightmares and upsetting thoughts or images
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Anger or irritability
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

## Resources

You are not alone. If you or a loved one is having a difficult time coping with the outbreak and want to seek outside help, there are ways to get that help.

Support by Phone
Huron County Support Line: 567-743-7155
Huron County Crisis Hotline: 800-826-1306
Crisis Text Line: Text 4HOPE to 741741

Local Mental Health and Substance Use Providers (appointments now available over phone and internet)
Family Life Counseling: 567-560-3584
Firelands Counseling: 419-663-3737
Rigel Recovery Services: 567-280-4023



**Huron County Board of Mental Health and Addiction Services**  
[www.facebook.com/HuronCountyBoardofMentalHealth](https://www.facebook.com/HuronCountyBoardofMentalHealth)

**419-681-6268**



## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

ACTION FOR HAPPINESS



[www.actionforhappiness.org](https://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](https://www.actionforhappiness.org/10-keys)