

WAYS TO COPE WITH STRONG FEELINGS RELATED TO COVID-19

- 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 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

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



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances.” ~ Viktor Frankl

ACTION FOR HAPPINESS 



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



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