

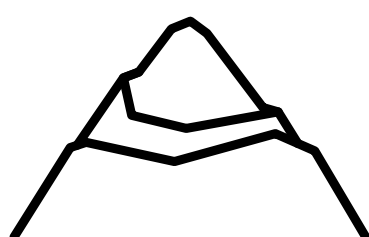
COPING WITH COVID-19 AND PHYSICAL DISTANCING

Most people feel at least a little bit anxious, and thrown off by the pandemic. There are many changes to contend with right now involving where we can go, who we can be with and what we should be doing to stay safe. It is a lot to manage and adapt to!

General recommendations for wellbeing during this time:

1 MAKE YOURSELF A LOOSE DAILY SCHEDULE

Get up and go to bed at regular times, work (if you can work from home), try to eat at normal times, don't over indulge in substances.

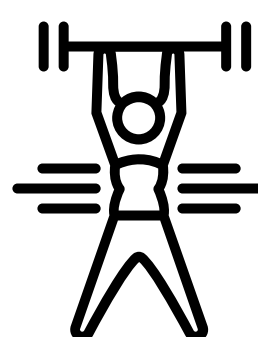


2 GET OUTSIDE EVERY DAY

For at least 20-30 minutes if possible.

3 EXERCISE!

Move your body, at least a little. A walk is good, or yoga, or whatever you are up to enjoy. It's fine to start small and work your way up. There are more and more virtual exercise options out there, so you don't have to do it alone!



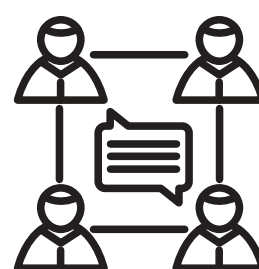
4 LIMIT TIME SPENT READING/ WATCHING NEWS ABOUT THE COVID-19 PANDEMIC

While it is appropriate and important to stay well informed, spending a lot of time everyday reading about the crisis will likely increase your anxiety. Limit to 30 minutes no more than twice per day.



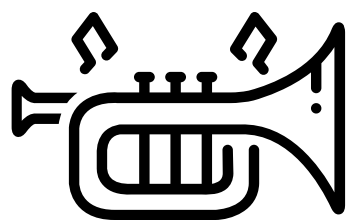
5 SOCIALIZE!

At least a little everyday. We are social creatures and we need it! Get creative. Have happy hour with your friends on a video conferencing app. Stay connected with family and loved ones. Go for a walk, separately, but at the same time as your friends and chat on the phone instead of in person.



6 BE PRODUCTIVE AND ENGAGED

If you are unable to work right now, find projects at home. If they are large, break it down to work on them for just an hour or two every day rather than try to do it all in one go. Read a classic book, Take an online art class, learn a language, learn an instrument etc. However, it is important to have reasonable expectations for yourself right now. An hour per day on projects is enough.



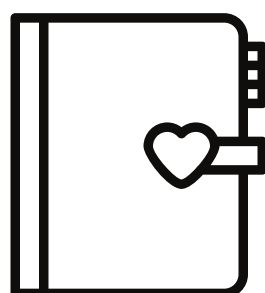
7 HAVE SOME CHILL OUT TIME TOO

It's OK to have some of your time devoted to pure pleasure like watching movies or shows on Netflix and other streaming channels. Just don't get stuck doing ONLY this. Try to balance it with the other activities listed here.



8 KEEP A DIARY

Take pictures of your life in the time of the pandemic. Help your kids make a time capsule. These will be interesting times to look back on.



HOW TO MANAGE ANXIETY AT HOME

RELAXATION / MEDITATION

The breath is one of the most readily available tools to combat anxiety and reduce physiological reactivity. It does not change the situation, obviously, but can really help you cope in the moment. Part of this is due to the physiological benefits of slower, deeper breathing, and part of it is about learning to deal with unhelpful thoughts.

1

LEARNING TO RELAX TAKES PRACTICE!

Don't expect it to work immediately!



2

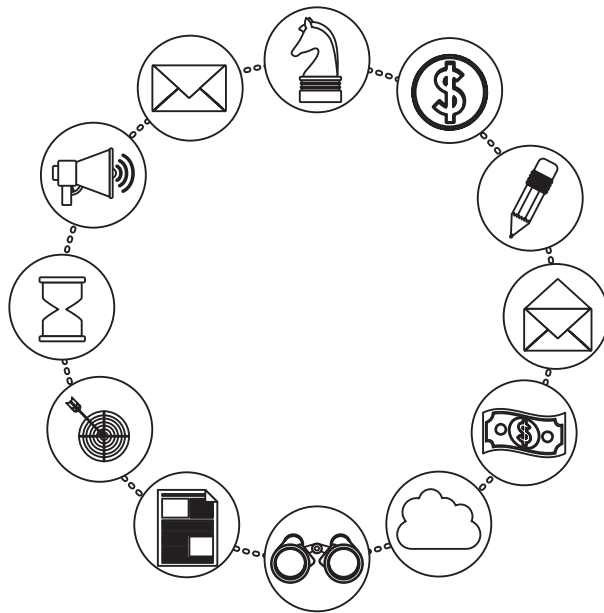
START SMALL.

Five or 10 minutes for the first few weeks of practice is plenty, and can be helpful. You will have many distracting thoughts come into your mind when you do this. This does not mean you are failing. This means you are practicing. One of the MAJOR benefits of meditation and relaxation is learning that you don't need to follow every thought you have. It's more about recognizing a distracting thought, naming it, and then coming back to the moment, breathing and centering yourself again. If you are like most people you will have to do this many times with every session.

3

APPS

There are many good apps out there to help learn this technique. It can be very helpful to use some form of guided instruction, through a recommended app or by searching for "GUIDED relaxation or meditation" on YouTube (Simply Being is one excellent option.).



WHEN YOU'RE MAKING YOUR WAY THROUGH DAILY LIFE, PRESS THE PAUSE BUTTON,

when your mind is getting away from you. One of the best ways to do this is by becoming more mindfully aware of your surroundings. Take a few slow deep breaths and:

- Name 5 things you see.
- Name 4 things you can touch.
- Name 3 things you hear.
- Name something you smell.
- Name something you like about yourself.

The point is to notice where you are right now and to stop the anxious thought spiral.



There are some great online resources for learning to cope with anxiety, depression and insomnia on the Kelty's Key Website. www.keltyskey.com