

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.



Send a Card

Pick a nearby nursing home and write to a senior there- tell 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.



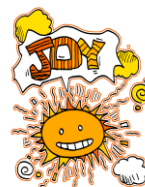
Pet Hugs

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!





THANK YOU!

I appreciate you checking out my resource! I hope you find that it is helpful.

School Counselor Stephanie

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