

COVID-19 Tips to MASTER STRESS



Maintain Health

Do your best to maintain a healthy diet, exercise regularly, and get adequate sleep.
<https://P3.amedd.army.mil>



Access Virtual Platforms

Connect with family and friends you trust through virtual opportunities (e.g., Skype, FaceTime, Messenger, phone, etc.) to prevent feeling isolated.



Stay Informed

Use reliable sources such as www.coronavirus.gov, www.who.int/coronavirus, <https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>, and your local health department. Limit the time you and your family spend watching or listening to media coverage (including social media).



Take Breaks

Pause throughout the day and check in with yourself (e.g., meditation, prayer, deep breathing, stretching, yoga).



Engage Behavioral Health Resources

It's normal to feel stressed or emotional during a crisis; but if you're feeling overwhelmed or feel stress is interfering with your relationships or daily activities, contact your local Behavioral Health Clinic, who are offering telehealth for support. Military OneSource, <https://www.militaryonesource.mil>, may also be a helpful resource.



Relax

Make time to unwind and engage in activities or hobbies you enjoy and can still practice while home. Now may also be a good time to try out new hobbies or activities!



Step Outside

Take advantage of the outdoors while still practicing social distancing (e.g., work in the yard, take a walk, hike along an uncrowded trail, read on a porch).



Take Care of Each Other

Check in with people who might not have a local support system or who may need a little extra care during this time.



Reassure Children and Older Adults

Reassure them that they are safe. Let them know it is ok to feel upset or nervous. Share the way you manage stress so that they can learn from you how to cope.



Engage in Gratitude

Maintain a sense of hope and optimism. Writing out a list of things you're grateful for can have profound impacts on physical and psychological health, happiness, and a sense of satisfaction.



Sustain Routines

Maintain daily routines as much as possible, especially for children who are out of school or daycare. Create a schedule with learning and fun activities.



Substitute Healthy Coping Strategies

If you feel overwhelmed, manage emotions and stress by taking a walk, reading, writing, deep breathing, etc. instead of using tobacco, alcohol, or other drugs.



For current COVID-19 information:
<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



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