

# BE KIND TO YOURSELF

Tips to cope with stress  
during COVID-19

1. **PAUSE.** Breathe. Notice how you feel.
2. **TAKE BREAKS** from COVID-19 content.
3. **MAKE TIME** to sleep & exercise.
4. **REACH OUT** and stay connected.
5. **LOOK FOR HELP** if you feel overwhelmed or unsafe.



# **LIMIT YOUR TIME WATCHING THE NEWS**



Choose a certain time each day when you will check the news.

When you listen to the news all the time, it can make you more worried and upset.



**BE KIND TO YOURSELF**





# TALK ABOUT YOUR FEELINGS

It is normal to feel afraid and worried during this time.

It can help to talk about your feelings.

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# SUPPORT OUR ESSENTIAL WORKERS

Essential workers put in long hours and have heavy workloads. They may not feel appreciated. This can lead to fatigue, stress, and burnout.

Let's support them. Find ways to thank them for their hard work and service. Be kind to them.



## BE KIND TO YOURSELF



# GET THE SUPPORT YOU NEED



Are you an essential worker? It can be hard to work the front lines during this time. It can cause a lot of stress. It is normal to feel overwhelmed and frustrated.

Talk about your feelings with someone you trust. Get the help you need.

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# STAY IN TOUCH

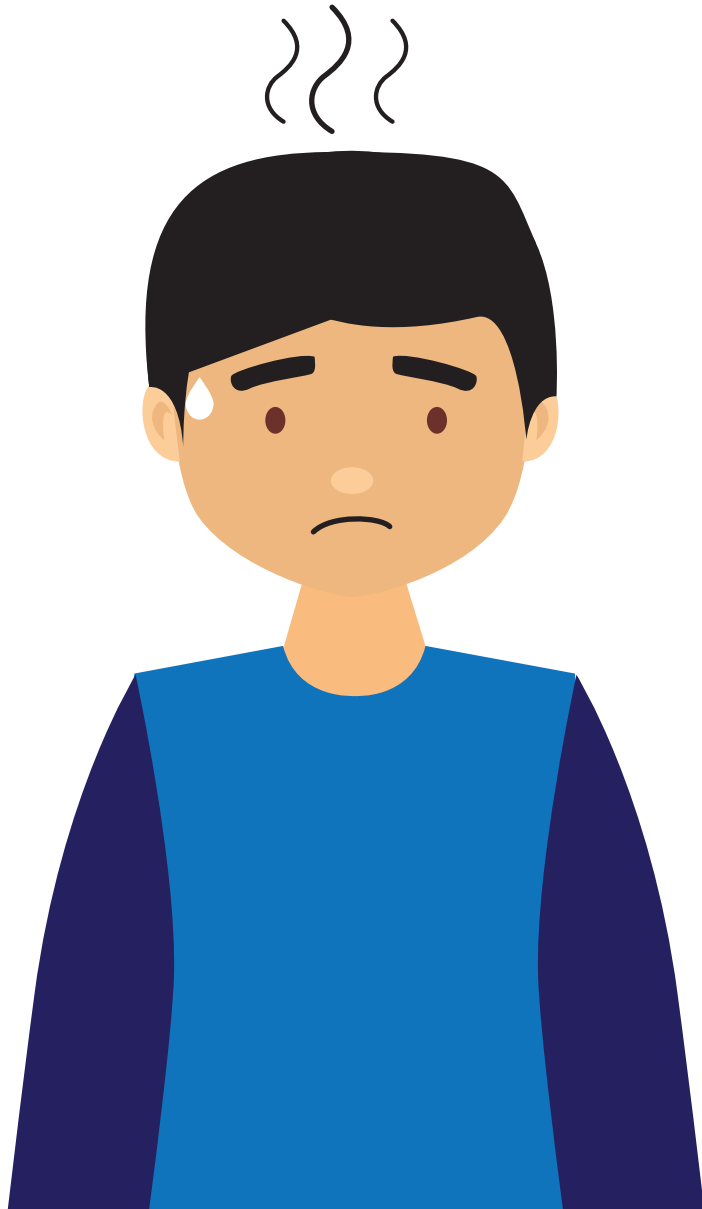
You may feel really lonely if you can't get out much or you live alone. It could affect your body and your mind.

Connect with people. Use social media, call on the phone, or video chat.



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# GET HELP WITH STRESS

You may have a lot of stress because of your work.

If you feel extra tired, detached, or not able to focus, talk to your boss. Find ways to get some rest and reset.

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# LOSING A LOVED ONE

It's never easy to lose someone you love. Our hearts go out to families who have lost a loved one during this time.

You are in our thoughts. We're here for you. We can help.



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# TALK TO YOUR CHILDREN

**COVID-19 can be hard for children to understand.**

**Talk kindly to them. Use words they can understand. Encourage them to practice healthy habits.**

**This will make them feel more secure.**

**BE KIND TO YOURSELF**



**Don't be afraid to get help when you need it. There are many free services and resources in our community.**

**GET THE  
HELP YOU NEED**

## **LOCAL RESOURCES**

**Salud Para La Gente – (831) 738-0222 day or night.**

**Monarch Services – (888) 900.4232 24-hour confidential**

**P.V.P.S.A. – (831)728-6445**

**Community Bridges - (831)246-6360**

**Santa Cruz Behavioral Health Crisis Stabilization Program – (831)600-2800**

**County of Santa Cruz Behavioral Health – 1-800-952-2335**

**Santa Cruz County Senior Network Services – (831)462-1433**

**Suicide Prevention Crisis Line – 1-877-663-5433**

## **MORE RESOURCES**

**California Peer Run Hotline – 1-855-845-7415**

**National Alliance on Mental Illness – (831)427-8020 x 7**

**SAMHSA's National Helpline – 1-800-662-4357**

**National Suicide Prevention Lifeline – 1-888-628-9454**

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