

HEALTHY WAYS TO COPE

TAKING STEPS TO CARE FOR YOURSELF AND YOUR FAMILY CAN HELP YOU MANAGE FEAR, ANXIETY AND STRESS.

Take Breaks from the News

- Set aside periods of time each day during which you close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.

Connect with Others

- Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends, family, and neighbors when you aren't able to see them in person.

Set Goals and Priorities

- Decide what must get done today and what can wait. Priorities may shift to reflect changes in schedules and routines and that is okay. Recognize what you have accomplished at the end of the day.

Focus on the Facts

- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

Make Time to Unwind

- Try to engage in activities and hobbies that you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity.

Take Care of Your Body

- Take deep breaths, stretch, or meditate. Try to eat regular, well-balanced meals; get some physical activity everyday; give yourself time to get a full night's sleep; and avoid alcohol and drugs.
- Listed below are a number of readily accessible apps that serve as resources for activities like breathing, meditation, yoga, sleep, etc.
 - **Headspace:** A health and fitness app, it includes short SOS meditations for when you're on the go.
 - **Insight Timer:** Includes guided meditations and talks by world's top meditation and mindfulness experts.
 - **Oak:** Includes guided meditation, breathing, sleeping; it also provides a meditation timer and progress tracker.
 - **Aura:** Helps reduce stress and anxiety, improve focus and sleep through life coaching, meditation, music, and lots more.
 - **Shine:** Teaches new self-care strategies every day.
- Listed below are free online, *total-body workouts* to try in the comfort of your own room or home:
 - **Crossfit:** Beginner HIIT and weightlifting workout videos are offered on their website. Visit <https://www.crossfit.com/at-home/workouts> to access these exercises.
 - **Planet Fitness:** A large gym chain, Planet Fitness is live-streaming online workout classes on their Facebook page on weekdays at 7pm ET. These 30-minute, equipment-free workouts are also available on their YouTube channel. Visit <https://www.facebook.com/planetfitness/> or <https://www.youtube.com/planetfitness> for access.
 - **Nike Training Club:** Download 15-, 30-, or 45- minute workouts designed by Nike trainers. Most of the workouts are equipment-free and demonstrate how to do each exercise. Visit https://www.nike.com/ntc-app?cid=4942550&cp=usns_aff_nike_content&cjevent=a7e3ec67804711ea83ff00460a240611 for access to the app download.
 - **Barry's Bootcamp:** 20-minute, equipment-free workouts are streamed through Instagram live. Visit <https://www.instagram.com/barrys/> for more detailed information on when these workouts are held.
 - **Blogilates:** This YouTube account is offering 10- to 20- minute pilates and bootcamp sculpting workouts. You can also get monthly calendars that detail 14-day quarantine workout plans like the one linked here, <https://www.blogilates.com/wp-content/webp-express/webp-images/uploads/2020/03/quarantine-plan-IG-01.png.webp> on the Blogilates website, <https://www.blogilates.com/>. Visit their YouTube channel at <https://www.youtube.com/user/blogilates/videos> for the workout videos.
 - **P.volve:** The total-body fitness streaming service is offering 10- to 20- minute classes on their Instagram live. Visit <https://www.instagram.com/pvolve/channel/> for more detailed information on when these workouts are held.
 - **STRONG by Zumba:** You can access plenty of free HIIT workouts on YouTube, choosing from 7-, 20-, and 30- minute classes. The videos also come in languages other than English. Visit <https://www.youtube.com/channel/UCQkaczRlyBjI3UKBH59W3XQ/videos> for these workouts.
 - **305 Fitness:** Enjoy Zumba or other types of dancing workouts through 10- to 45- minutes classes on this brand's YouTube channel. Visit <https://www.youtube.com/user/305Fitness/videos> for access.
- Listed below are free online *yoga* workouts to try in the comfort of your own room or home:
 - **Corepower Yoga:** This yoga chain is offering 30- and 60- minute classes. Visit <https://www.corepoweryogaondemand.com/keep-up-your-practice> for access to the videos.
 - **YogaWorks:** Find plenty of 60-, 75-, and 90- minute classes on various studios' YouTube accounts. Find the full schedule by visiting <https://www.yogaworks.com/classes/live/>
 - **Downward Dog:** This company is offering a whole suite of fitness apps- from 7-minute workouts, to Barre, to yoga for beginners. Visit the App Store and download whichever one interests you most!