

Tips for Coping with the Coronavirus Pandemic

All of us are feeling the strain of coping with the Coronavirus Pandemic. Here are some tips to help you with your own worries, and ways to help others who are feeling anxious about the situation.

Think of the metaphor of putting the oxygen mask on yourself first so you can then help others.

Help Yourself:

- ◆ Be present and stay in the moment. Avoid thinking too far in advance. Use the mantra, "Just Take It One Day At a Time"
- ◆ Check one or two media outlets in the morning and evening only (not throughout the day)
- ◆ Take a long break from the news and focus on something that makes you feel good and distracts you
- ◆ Exercise/Go Outside
- ◆ Eat well and try to sleep 7-8 hours/night
- ◆ Make a schedule for your day, emphasizing steady & daily routines
- ◆ Take a moment to appreciate good things / Gratitude Daily
- ◆ Create anchors / coping statements (statements that make you feel calm)
- ◆ Put coping apps on your phone and use them when worried/anxious (Calm, Headspace, etc.)
- ◆ Look for ways/activities to connect with people/family
- ◆ Take advantage of being at home. Be creative with your time, and work on projects you have wanted to work on but haven't had time
- ◆ Take control over what you can (i.e., thoughts & activities). We have choices: how do we want to spend our time? How do we want to feel?

Help Others:

- ◆ Offer empathy to others suffering (i.e., "I understand how you feel" / "This is a hard time for all of us")
- ◆ Be of service: help others, listen
- ◆ Do your part/civic duty: Follow hygiene protocol and social distancing protocol to keep yourself and everyone around you safe and healthy by reducing spreading of virus
- ◆ Create Support Resource List for those in need (co-workers, colleagues, clients, friends, family) re: Housing, Food, Financial, Medical, Mental Health/ Support services
- ◆ Encourage others to take "Calm" time: practice calm breathing exercises, take quiet time / meditate, etc.
- ◆ Be Honest / Transparent
- ◆ Look for opportunities to relate to / connect with others: Listen (don't advise), Validate, Empathize.
- ◆ Plan remote gatherings with friends, family (outdoors 6 ft. apart or via Zoom, Facetime)

Resources:

- ◆ Learn About Emotional Resilience: <https://positivepsychology.com/emotional-resilience/>
- ◆ 12-Minute Meditation Guide For Building Resilience: <https://www.youtube.com/watch?v=PX0P3RSzXeU>
- ◆ Smartphone Apps for Calming & Anxiety: Headspace; Calm; Stop Panic and Anxiety – Self Help; Insight Timer (for guided meditations); Sanvello
- ◆ **St. Vincent's Crisis Prevention & Response Team:** (serving Westchester): 914-925-5959



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