

# Factors that make the Coronavirus seem more difficult for us



**Novelty**



**Threat**



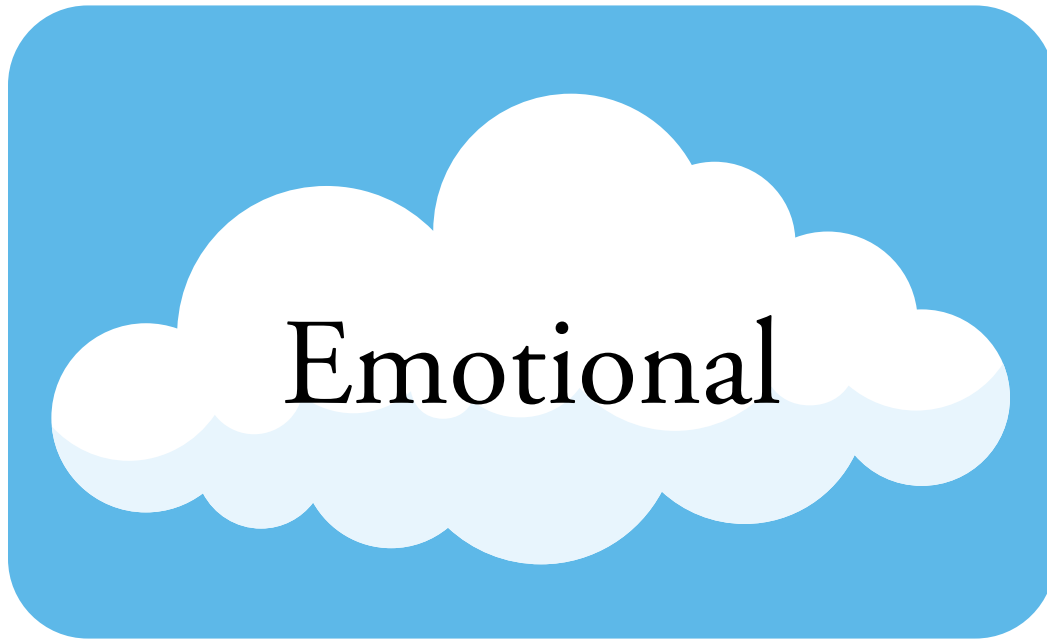
**Unpredictability**



**Lack of Control**

**COVID-19**

# Emotions we all associate with the Coronavirus



- Anxious
- Frustrated
- Irritable
- Sad
- Numb
- Hopeless

## COVID-19

# COVID-19 Positive Personal Coping Strategies

**Discussing positive coping  
strategies that were successful  
in your life.**

# Covid-19 Positive Personal Coping Strategies

Try these when you are feeling anxious or stressed.

- **Take a time-out.** Practice yoga, listen to music, meditate, learn relaxation techniques. Stepping back from the problems helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand. Fruits and veggies.
- **Limit alcohol and caffeine, and nicotine,** which can aggravate anxiety and trigger panic attacks. Do not abuse drugs and alcohol.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily:** it will help you to feel good and maintain your health.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for imagined perfection, which isn't possible, be proud of all your accomplishments.
- **Accept that you cannot control everything.** Put your stress over Covid-19 in perspective.
- **Welcome humor.** A good hearty laugh goes a long way to relieve stress
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify. Covid-19 triggers every aspect of life.
- **Write in a journal when you feel stressed or anxious, and look for a pattern.**
- **Talk to someone.** Tell friends and family you are feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

# A Reminder Regarding Stress:

**Anxiety/stress are normal...  
even productive**

**Let's Reflect...**

# Contact:



The Defining Moment Foundation

**No Matter The Challenge,  
You Don't Have To Face It Alone,  
We Are In This Together.**

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