

# PHYSICAL & MENTAL HEALTH IN TIMES OF CORONAVIRUS



As communities, families and individuals manage their way through this time of coronavirus, there may be uncertainty, fear or anxiety. Now is the time to implement stress management and coping skills that work for you.

It's important to recognize that everyone responds to stress differently. In addition, the way people cope and manage stress is also different. There are variety of stress management techniques to chose from, and individuals are encouraged to experiment until they find one that works for them.

Here are some suggestions to try for relieving stress during this time:

## \* For Physical Health:

- ~ Try to find the method of physical activity that works for you. During this time of social distancing, try using home exercise equipment, exercise CDs, or go for walks, runs or bike rides outside (if it is still recommended by the CDC to be outdoors).
- ~ Explore different modes of exercise online until you find something you enjoy. Examples include: yoga, strength training, cardiovascular workouts, kick-boxing, Zumba, Pilates or hip hop classes.
- ~ Maintain healthy eating and sleep habits.

## \* For Mental Health:

- ~ Meditate, write in a journal, take time for reflection.
- ~ Use this time for challenging your mind with research or education, either online or through books.
- ~ Try to limit the time you spend watching the news and pandemic information. Be sure to stay informed, but try not to get pulled into information 24/7.
- ~ Give yourself a break by engaging in activities you enjoy. Examples include: reading, games on your phone such as Words with Friends or watching movies.
- ~ Stay connected to those you love through: texting, calling, e-mailing or FaceTiming. Maybe now is a good time to setup a social media account such as Instagram to stay connected to others.
- ~ Get fresh air and sunshine if you can, even if that means simply going out on your front porch, deck or patio.

For more information on this topic, click here:

[Mental Health and Coping During the Coronavirus](#)

For more information on coronavirus from your health care providers, click here:

Fallon: [Information About Coronavirus](#) Harvard Pilgrim: [FAQs on Coronavirus](#)

Tufts: [Coronavirus Updates](#) Blue Cross Blue Shield: [Coronavirus Updates](#)