

# COVID-19 SELF-CARE RESOURCES



We know how stressful COVID-19 is for many people. Social distancing, illness, closure of school and work, and employment and family concerns can strain resources and increase anxiety. Here are three easy steps you can take when you're feeling tense, as well as some resources to help you manage during this time.

## *Self Care in 1-2-3: Calming Anxious Thoughts*

### 1: Take a break.

Get a drink of water, take a few deep breaths, or walk around the block. A quick break can help to clear the mind.

### 2: Talk about it.

Call or video chat with a loved one or someone you trust. Human beings are a social species.

### 3: Be present.

Journal, meditate for a few minutes, or list three things you're grateful for.

### MINDFULNESS

**Headspace Meditation App**  
[www.headspace.com/covid-19](http://www.headspace.com/covid-19)

**Calm Meditation App**  
[www.calm.com](http://www.calm.com)

**10 Best Mental Health Apps for Kids**  
[bit.ly/EduAppStore](http://bit.ly/EduAppStore)

### CRISIS HOTLINES

**National Suicide Prevention Hotline**  
Call 1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Crisis Text Line**  
Text HOME to 741741  
[www.crisistextline.org](http://www.crisistextline.org)

**SAMHSA National Helpline (English/Spanish)**  
1-800-662-HELP (4357)  
[bit.ly/SAMHSA-Helpline](http://bit.ly/SAMHSA-Helpline)

### MANAGING STRESS & ANXIETY

**CDC Stress and Coping**  
[bit.ly/CDC-covid19-stress](http://bit.ly/CDC-covid19-stress)

**Calming Anxious Kids**  
[bit.ly/Childmind-Anxiety](http://bit.ly/Childmind-Anxiety)

**VDH Coping with Stress**  
[bit.ly/VDH-covid19-stress](http://bit.ly/VDH-covid19-stress)

## *Parenting: How to talk to children about COVID-19*

Kids are perceptive, and they often mirror our worries and become anxious in times of change. Here are a few ways to reassure kids, calm fears, and help little ones feel safe.

**Help children understand:** explain the pandemic in simple terms so they can make sense of the changes they see around them.

**Consider a child's age:** decide the appropriate amount, type, and complexity of information to share.

**Be calm and clear:** children will react to your emotional state as they learn more about COVID-19, so it's important to remain calm.

**Explain how to stay safe:** make sure kids understand why it's important to wash hands often and stay six feet from others.

**Resources for Helping Kids and Parents Cope Amidst COVID-19**  
[bit.ly/AACAP-resources](http://bit.ly/AACAP-resources)

**1-800-CHILDREN Parenting Helpline**  
Call: 1-800-244-5373  
Text: (804) 349-5595

**Supporting Families During COVID-19**  
[bit.ly/Childmind-Families](http://bit.ly/Childmind-Families)