Suggestions on ways to cope during Covid-19

1- **Know what to do if you are sick and are concerned about COVID-19**

2- **Know where and how to get treatment and other support services and resources, including Self-Help Support Groups. SHARE! offers free meetings every day**

3- **Take breaks from watching, reading, or listening to news stories, including those on social media.**

4- **Take care of your emotional health:**
- **Watch a favorite movie**
- **Listen to your favorite music**
- **Connect with friends and loved one**
- **Attend a Self-Help Support Group**

5- **Take care of your body:**
- **Take deep breaths, stretch, or meditate**
- **Eat healthy, well-balanced meals**
- **Exercise regularly**
- **Get plenty of sleep**
- **Avoid alcohol and drug use**

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