

Tips for Coping with Stress

1. Take care of your physical health.

Even if you are staying inside your home, maintaining your physical health is an important part of managing stress. Eat healthy, well-balanced meals- this is a great time to try a new recipe! If you're stocking up on food, remember to include canned and frozen fruits and vegetables. You can go outside for walks and to get fresh air, just make sure to give others 6 feet of space as you pass. Additionally, many exercise videos are available online for free.

2. Check in with yourself.

Everyone responds differently to stressful situations. Identify what stress looks and feels like for you, and monitor yourself for those signs. Common signs of stress can include trouble sleeping or eating, difficulty concentrating, increased fear or worrying, irritability, crying, and increased substance use.

3. Prioritize rest and fun!

It's important to carve out time for things that make you feel happy and content. Spending time meditating or doing yoga can help you to manage anxious feelings. So can healthy amounts of distraction- try watching movies, playing a board game, learning a new skill like knitting or baking, or catching up on some reading. Check in with friends and family virtually- try hosting a virtual movie night or a dinner party.

4. Stay informed, but set boundaries.

While it's important to stay updated and informed as the outbreak progresses, too much exposure to bad news can wear on our mental health. It's okay to tell others you need a break from discussing the outbreak. Ensure that your information is current and credible from places like local health departments and the CDC. Turn off the news and limit your time on social media each day to give yourself a mental break.

Other Resources

General information

- General CDC information about COVID-19: [click here](#)
- COVID-19 fact sheet: [click here](#)
- State of Michigan COVID-19 information: [click here](#)
- Ingham County Health Department COVID-19 information: [click here](#)
- Barry-Eaton District Health Department COVID-19 information: [click here](#)
- Mid-Michigan District Health Department COVID-19 information: [click here](#)
- COVID-19 test finder: [click here](#)
- Information about COVID-19 in select, non-English languages: [click here](#)

Recovery resources

- SAMHSA Virtual Recovery Resources: [click here](#)
- NAMI Lansing Virtual Caring and Sharing Support Groups: [click here](#)
- Taking care of your behavioral health during a disease outbreak: [click here](#)
- NAMI frequently asked questions about COVID-19: [click here](#)
- University of Michigan Psychiatry resources for COVID-19: [click here](#)

Hotlines

- CMHA-CEI COVID-19 Support Line: 517-237-7100 (8:30am-4:30pm, M-F)
- National Suicide Prevention Hotline: Call 1-800-273-8255
- Michigan Crisis Text Line: Text RESTORE to 741-741
- Disaster Distress Hotline: Call 1-800-985-5990 or text TalkWithUs to 66746
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22-522
- MDHHS Peer Support Warmline 888-733-7753 (10:00am-2:00am, 7 days a week)

Stress and coping

- Self-care during COVID-19: [click here](#)
- Social support- Getting and staying connected: [click here](#)
- Stress and coping: [click here](#)
- Helping older adults during social distancing: [click here](#)
- Headspace free collection of meditation, sleep, and movement exercises: [click here](#)
- How to care for yourself while practicing physical distancing: [click here](#)
- Advice for sleeping well during the COVID-19 outbreak: [click here](#)

Resources for children and families

- Talking with children: tips for caregivers, parents, and teachers during infectious disease outbreaks: [click here](#)
- Helping young kids through the coronavirus (COVID-19) crisis: [click here](#)
- Georgie and the Giant Germ coloring book: [click here](#)
- Learn about the coronavirus coloring book: [click here](#)
- Learn about the coronavirus activity book for older children: [click here](#)
- Just for kids: a comic exploring the new coronavirus: [click here](#)
- Fact sheets for specific age groups (3-6, 6-12, 13-18): [click here](#)
- Family Wellness Guide: [click here](#)
- Tips for helping teens cope during COVID-19: [click here](#)

Food, housing, financial, and other assistance:

- Tri-County Wellness Guide: [click here](#)
- Michigan COVID-19 Pandemic Resource Guide: [click here](#)
- Greater Lansing Area COVID-19 Resources Guide: [click here](#)
- Assistance for low-income Michiganders: [click here](#)
- Call 2-1-1