

5 COPING TIPS

for a Pandemic



Everyone reacts differently in stressful times.



Positive mental health can help you cope and even thrive.



1. CONNECT WITH OTHERS

Support from friends, family, and loved ones during tough times:

- Improves your health
- Helps you handle stress



Social media is one way to connect with friends and loved ones.

But make sure you also connect through phone or video chats.



A low level of social interaction



Smoking ~1 pack of cigarettes a day



Make People a Priority



Make a list of positive family and friends who bring you joy.



Make an effort to connect with one person at least once a day.



Share with a loved one something that made you happy.



Build relationships by taking the time to listen to others.

2. PRACTICE MINDFULNESS & GRATITUDE

Be mindful

- Stay in the moment.
- Accept your reality.
- Be kind to yourself.



Be grateful

- See the good around you.
- Find joy in the little things.
- Remember that you can get through this.

3. ENJOY NEW THINGS



Try to find positives in your new world:

- Create a new daily schedule.
- Explore a new hobby or return to an old one.
- Learn something new and different.



4. STAY ACTIVE

Physical activity is important for everyone—especially people with chronic lung disease.

Move your body to:

- Boost your mood
- Relieve stress

Moving Ideas



Go for a daily walk.



Walk around your home if you can't get outside.



Sit less—stand up every 30 minutes.



Try simple indoor exercises.



Practice meditation and deep-breathing techniques.



You don't need special equipment. Even chores like cleaning, gardening, or playing with your kids or family count!



HOW MUCH?

Aim for 20 minutes of moderate physical activity each day—anything that gets your heart beating faster.



Go online to find ways to stay active without equipment!

5. GET HELP

If you're struggling, don't be afraid to get professional help.



Find a licensed therapist or counselor.

Many now offer virtual appointments.

To find someone, check with your

- Primary care doctor
- Insurance company
- Employee assistance program

Tools to help communities of color heal:

Melanin and Mental Health: <https://www.melaninandmentalhealth.com>

Therapy for Black Girls: <https://therapyforblackgirls.com>

The Safe Place: <https://apps.apple.com/us/app/the-safe-place/id1349460763>

Liberate: <https://liberatemeditation.com>

BEAM: <https://www.beam.community/tool-kits-education>

TRY A "WARMLINE"

Warmlines:

- Offer emotional support to prevent a crisis
- Are staffed by people who've experienced mental health conditions

Find a warmline at www.warmline.org

IN CRISIS? CALL A HOTLINE.



Call the free Substance Abuse and Mental Health Services Administration hotline 24/7:
1-800-985-5990