

# MENTAL HEALTH AMERICA OF HAWAI'I

## COVID-19 COPING TIPS

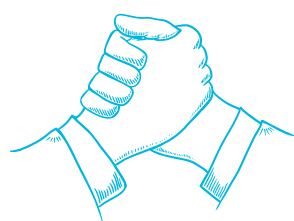


### **IT'S OKAY!**

Feeling stressed, anxious, or fearful is a normal reaction to an abnormal situation. It's okay to acknowledge how you or someone else feels

### **POSITIVE COPING STRATEGIES**

Garden, read a book, watch a funny movie. Think of the rule of opposites attract. If you feel stressed, do something calming like deep breathing, meditation, or spending time with your pets



### **TAKE CONTROL OF WHAT YOU CAN CONTROL**

Empower yourself! Follow safety guidelines. View social distancing and self quarantining as doing your part to support frontline workers and our vulnerable neighbors, especially our Kupuna

### **STAY UPDATED BUT DON'T OVER CHECK**

Schedule yourself a time to check once or twice a day on current updates and refrain from checking more than that

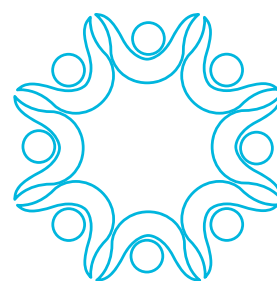


### **DISTANCE DOES NOT EQUAL ISOLATION**

You can reach out to your loved ones through calls, texts, direct messages, video calls, and even group chats. Remember to use social media responsibly and that lives are being impacted prior to sharing a meme or unverified information

### **WE'RE IN THIS TOGETHER**

Recognize that this pandemic is a journey that we are all on together. Some of us are being personally impacted whether through health and/or finances.



**NOW IS THE TIME TO SPREAD ALOHA THROUGH OUR CHOICES AND BEHAVIORS!**