

COVID-19 COPING TIPS

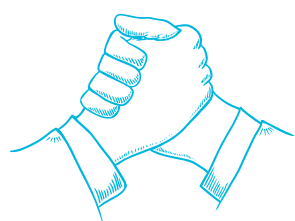


IT'S OKAY!

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 the 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

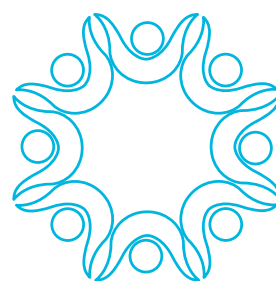


DISTANCE DOES NOT EQUAL ISOLATION

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!