

Launching
The monthly newsletter to balance your overall well-being.
Discover something new, make healthy choices and get cool tips to transform your lives, consistently, every month.

IN TIMES OF CORONA, IT MATTERS TO DE-STRESS

Managing stress and related fear & anxiety about corona virus is as important as protection from it. Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.



THINGS YOU CAN DO TO SUPPORT YOURSELF

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch & exercise regularly.
- Eat healthy, well-balanced meals,
- Get plenty of sleep,
- Avoid alcohol & smoking.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

REDUCE STRESS FOR YOURSELF AND OTHERS

Learn about the actual risk to yourself and people you care about from validated sources. This will help make people feel less stressed and allow you to connect with them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.



NOT ALL CHILDREN AND TEENS RESPOND TO STRESS IN THE SAME WAY. SOME COMMON CHANGES TO WATCH FOR INCLUDE

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs



THERE ARE MANY THINGS YOU CAN DO TO SUPPORT YOUR CHILD

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



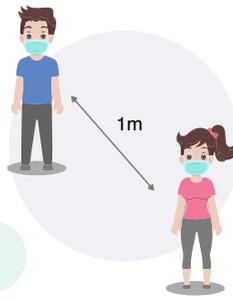
Start practicing these practical tips for grocery shopping, opening doors and signing your name when you're out in public.

Even though you spend most of your day indoors while quarantined at home, chances are you still leave the house to run errands and get fresh air, putting you on a path to mix with other people outside your household. Since the highly contagious new strain of coronavirus can be passed along on by people who are asymptomatic, it's important for your health and for theirs to keep from spreading germs.



1

Enough with finger tips.
Use your knees, feet, elbows
& knuckles instead



2

Distance...
Distance...
Distance...



3

Look for
automatic
option



4

Avoid keeping phone on any
outside surface and clean with
disinfecting wipes after return



5

Don't use public carts or baskets.
Carry your own shopping bags and
don't keep them anywhere



6

Don't touch products with
bare hands. Use glove or pick up
with handkerchief



7

Greet people with Namaste
or a distant 'hi'



8

Wash your hands, face and everything
you carried home from outside like shopping
bags & vegetables



9

Blow your nose and change your
used clothes and put them
in laundry



10

Clean your car handles
and surfaces before and
after using your car



11

Carry your own napkins /
disinfecting wipes
& facial tissue



12

Avoid handling cash. Keep a separate
bag for cash received and manage
without touching money.