



Tips for dealing with the anxiety and “cabin fever” resulting from the COVID-19 and Social Distancing:

From C.O.P.S. Counselor Kathy Thomas

- **Anxiety results from future-oriented thinking (“what if...”)**
 - Stay focused on what is in your control in the PRESENT
 - Practice Mindfulness techniques (these keep you grounded in the present)
 - Deep breathing
 - Look around and identify:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
 - Meditation
 - Practice some form of physical exercise/activity (can be done while also social distancing). Physical activity, particularly cardio activity effects Serotonin levels, which effects Anxiety and Depression.
 - Walking
 - Running
 - Cycling
 - Yoga
 - Dancing
 - Games with your kids
- **Stay connected**
 - “Social distancing” refers to PHYSICAL distancing, not emotional distancing
 - Stay connected through phone, internet, social media, face time
 - Create positive contacts with people
 - Limit exposure to negative contacts
- **Be productive**
 - Work on those projects that have been on that “when I have time” list
 - Practice your hobbies
 - Set goals to accomplish tasks around the house/yard (i.e. clean out closets; organize drawers/shelves; plant a garden; simplify your space)
- **Family time – Our daily lives tend to be so busy that we feel disconnected from our family - take advantage of the opportunity to connect**
 - Create family activities
 - Game night
 - Movie night
 - Cooking together