

COVID-19 Behavioral and Social Health Tips to MASTER STRESS



Maintain Health

Do your best to maintain a healthy diet, exercise regularly, and get adequate sleep.
<https://P3.amedd.army.mil>



Avoid Isolation

Connect with family and friends you trust through virtual opportunities (e.g., Skype, FaceTime, Messenger, phone, etc.).



Stay Informed

Use reliable sources such as www.coronavirus.gov, www.who.int/coronavirus, and your local health department. Limit the time you and your family spend watching or listening to media coverage (including social media) you perceive as upsetting.



Take Breaks

Pause throughout the day and check in with yourself (e.g., meditation, prayer, deep breathing, stretching, yoga).



Engage Behavioral and Social Health

It's normal to feel stressed or emotional during a crisis, but if you're feeling overwhelmed, have trouble sleeping, or feel stress is getting in the way of your daily activities, reach out to local Behavioral Health resources who are offering telehealth for added support.



Relax

Make time to unwind and engage in activities or hobbies you enjoy and can still practice while home. Now may also be a good time to try out new hobbies or activities!



Step Outside

Take advantage of the outdoors while still practicing social distancing (e.g., workout in your backyard, take a walk, hike along an uncrowded trail, and read on your porch).



Take Care of Each Other

Check in with people who might not have a local support system or who may need a little extra care during this time.



Reassure Your Child

Children need attention and affection during difficult times. Reassure your children they are safe. Let them know it's ok to feel upset or nervous, and share the way you manage your stress so they can learn how to cope from you.



Engage in Gratitude

Maintain a sense of hope and optimism. Writing out a list of things you're grateful for can have profound impacts on physical and psychological health, happiness, and a sense of satisfaction.



Sustain Routines

Maintain daily routines as much as possible, especially for children who are out of school or daycare. Create a schedule with learning and fun activities.



Substitute Unhealthy Coping Mechanisms

If you feel overwhelmed, avoid the use of smoking, alcohol, or other drugs to manage emotions; instead search for healthy substitutions when cravings emerge due to stress (e.g., take a walk, read, write, etc.).



For current COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>



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For more information, contact your installation's Department of Public Health.