

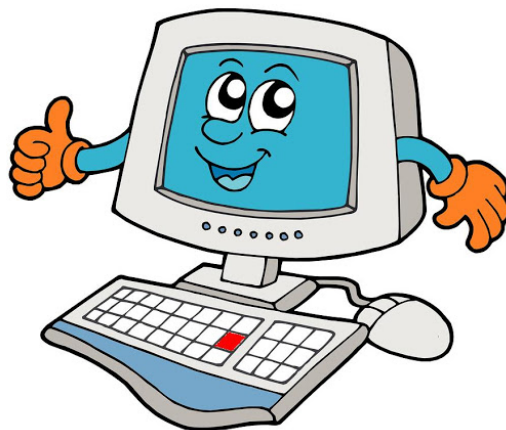
Coping with COVID-19 Anxiety

- **Stay informed, but don't obsess**—get your information from trusted sources like the Centers for Disease Control, not your cousin's ex-husband's auntie on Facebook.
 - Check in enough just to get the facts; don't linger as this can add to fear and worries unnecessarily.
- **Focus on what you can control**—wash your hands regularly, stay home as much as possible, get enough rest, and follow all health guidelines given out by government and trusted sources.
- **Take care of your body and mind**: be kind to yourself if you're feeling more depressed or anxious than usual; take time to do things you enjoy such as reading, crafting, or watching movies; try relaxation techniques such as deep breathing or meditation
- **Stay connected, even when in isolation**: use Facebook, Zoom, FaceTime, or just regular phone calls to keep in touch with friends and loved ones. Don't let coronavirus dominate every conversation. Talk about things that bring you joy.
- **Remember that it's okay to ask for help**: your church family is available to help with coping skills or just to talk and listen. You are not alone. You may also reach out to this call line established by WV VOAD and The United Way of West Virginia.
 - Call 211
 - or text your zip code to 898211
 - if you prefer to chat go to wv211.org to live chat with someone



Free Things to Do Online

- **Tour National Parks:**
 - <https://artsandculture.withgoogle.com/en-us/national-parks-service>
- **Live stream the Monterey Bay Aquarium:**
<https://www.montereybayaquarium.org/animals/live-cams>
- **View artwork in the Guggenheim Museum:**
<https://artsandculture.google.com/partner/solomon-r-guggenheim-museum?hl=en>
- **Free coloring pages from museums and exhibits:**
<http://library.nyam.org/colorourcollections/2020-participating-institutions/>
- **Free online guided meditations:**
 - <https://www.uclahealth.org/marc/mindful-meditations>
 -
- **Free Zumba on YouTube:**
<https://www.youtube.com/user/TheFitnessMarshall>



This resource was compiled by Kelsey Stancliffe, Martha Ognibene's daughter.