

WELLNESS TIPS

during COVID-19



Set a limit on media consumption, including social media, local and national news.



Maintain a regular sleep schedule—try to go to sleep and wake up at roughly the same time. Work towards maintaining good nutrition and regular meals. Limit alcohol intake. Limit caffeine intake.



While maintaining social distancing, connect with loved ones or people who may be experiencing stress. Talk about your feelings, have a conversation unrelated to COVID -19, or write to a friend.



Stay active.
-Watch an online exercise video
-Spend some time outdoors
- Practice deep breathing, relaxation, yoga, Qigong. Not sure how to do these? YouTube!!
-Try taking up an activity that requires use of your body and mind like knitting, art, playing an instrument, etc.



Get accurate health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or call 2-1-1 for resources and information.



For coping tools and resources, see the list below or visit the Lifeline website at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](https://www.vibrant.org/safespace).

If you're experiencing emotional distress, please call the Care Crisis Line at 425.258.4357 or the 24/7 text line at 741-741.