

## COPING WITH COVID

**Everyone reacts differently to stressful situations including the COVID-19 Pandemic. Stress during this time can include:**

- Fear and worry about your health safety and wellbeing including your families
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

**Things you can do to support yourself during this time:**

- Manage what you can and accept what you cannot
- Find Trusted sources of information including the CDC and WHO
- Take breaks from COVID-19 coverage as it can be overwhelming
- Take care of your body by taking deep breaths, stretching, or meditating. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Social distancing is not the same as social isolation. Be creative and explore various ways to remain connected.

**Wellness Resources:**

- Free access to work out videos during gym closures at: <https://watch.lesmillsondemand.com/at-home-workouts>
- Live stream yoga at <https://www.skyting.com/tv>
- Virtual Mediation Classes: <https://www.denanywhere.com/live-stream>
- Virtual museum tours [https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0\\_aE4RoHjKjSBWSTeXArNybl4-PIgB8CVAsANa8i8oTaCx915OsnuldM](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0_aE4RoHjKjSBWSTeXArNybl4-PIgB8CVAsANa8i8oTaCx915OsnuldM)
- LA Theater Works provides live streaming of shows <https://latw.org/>

**If your coping strategies become overwhelmed, please seek Professional Assistance:**

- LAFD BHP Psychological services including therapy/support offered virtually and at no cost to all LAFD employees and their families: 323-276-7169
- UFLAC Mental Health Professional: Dr. Steve Froehlich 818-645-9027; UFLAC/EAP: Nancy Mraz 800-252-8352 ext.3
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)