

Coping Strategies and Things to Consider

- Structure your time and maintain your routines as much as possible.
- You are experiencing what are normal reactions to a very abnormal situation.
- Talk to others and stay connected through whatever platforms are available to you.
- Be aware of the feeling you need to numb your pain with alcohol or other substances.
- Give yourself permission to feel your feelings, and share them rather than holding them in.
- Engage in strenuous exercise – there are lots of free resources available to us right now. Then alternate it with relaxation, as that will alleviate some of the physical reactions you might be experiencing.
- Keep a journal – hand-written is preferred. This can provide you a way to deal with your emotions and what may be sleepless hours. Maintaining a dialogue in your head feels different than seeing it in words on a page.
- Do things that feel helpful to you. Self-care is essential to maintaining emotional wellness.

- Realize that others around you may also be experiencing stress and give them grace.
- Resist the urge to make big life changes or decisions right now.
- Do make as many daily decisions that can maintain sense of control over your life.
- Engage with spiritual resources if that holds positive meaning in your life
- Get plenty of rest.
- Recurring thoughts, dreams, and flashbacks are completely possible during this time.
- Eat well-balanced and regular meals (even if you don't feel hungry).
- Take any and all prescribed medications consistently.