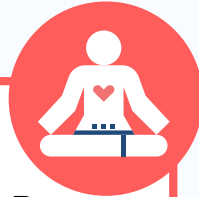




## PAINTED BRAIN

# 5 Helpful & Easy Coping Tips

[www.paintedbrain.org](http://www.paintedbrain.org)



THE FOLLOWING ARE TIPS TO HELP YOU COPE WITH THE EMOTIONAL DISTRESS CAUSED BY COVID-19:

1

### MANAGE YOUR STRESS

- Refer to credible sources for updates
- Maintain a routine & make time to relax and rest

2

### BE INFORMED & INFORM YOUR FAMILY

- Become familiar with local medical and mental health resources in your community
- Avoid sharing unconfirmed news

### CONNECT WITH YOUR COMMUNITY ONLINE OR ON THE PHONE

- Keep contact with family and friends online or through phone
- Join community/faith groups online

3

### REACH OUT & HELP

- Call friends & family to check-in
- Keep their confidentiality
- Consider an act of kindness such as having a meal delivered

4

### BE SENSITIVE

- Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from
- Speak up in kindness when you hear false rumors or negative stereotypes that fosters racism

5