

# COPING WITH COVID-19

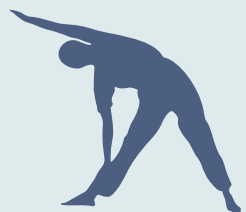
## Front Line and Healthcare Workers

### MANAGE WHAT YOU CAN

In times of uncertainty, many things are outside of our control. One of the best ways to manage emotions during times of uncertainty is to focus on what is within our control: Try some of these micro steps.



Take a short nap.



Stretch or go for a short walk.



Set aside recovery time after a challenging moment.



Help others if you have a safe way of doing so.



Keep a water bottle at your station or in the break room.



Set a news and social media cut-off time.



When you feel overwhelmed, focus on your breathing instead of reaching for your phone.



If you're unable to practice self-care, pause and choose a new mindset.



Avoid tobacco and alcohol.



Above all, remember that you are going through extremely uncertain and unsettling times; everyone else is as well. It is normal to feel on edge and anxious right now. In fact, it is even GOOD that you are feeling this way, because that anxiety and stress can push us to do things to cope in healthy ways. It pushes us to listen to the medical community and follow guidelines to keep ourselves and our families safe. It also pushes us to connect with others, which helps to manage stress and anxiety in healthy ways.

### RESOURCES

Disaster Distress Helpline  
**800-985-5990**

Crisis Text Line  
Text **MOSAFE** to **741741**

National Suicide Prevention Lifeline:  
**1-800-273-8255**

Access Crisis Intervention (ACI)  
**mohelpnow.org**

SAMHSA's National Helpline  
**1-800-662-HELP | 1-800-662-4357**

Missouri First Responder Provider Network  
**www.missouricit.org/first-responders**

### USEFUL WEBSITES

**nowmattersnow.org** Website for crisis situations, including strategies to safely cope with suicidal thoughts.

**go.edc.org/covid19-resources** (lots of resources including ones specifically for adults and for children)

