

# Coping with Stress During the COVID-19 Pandemic

The coronavirus (COVID-19) outbreak has changed our lives. We may feel anxious, sad, bored, worried, depressed, and lonely right now. We may need extra help or support. What works for each of us will depend on our specific situation. Here are some tips and resources for managing stress during this difficult time. We may already be doing some of these things.



## Manage Stress for Health

We might find comfort when we do one or more of these things to manage stress:

- Connect with others (see Supportive Relationships)
- Take deep breaths
- Practice mindfulness, meditate, or use guided imagery
- Exercise and get outside when possible
- Get enough sleep
- Eat nutritious foods when possible
- Take breaks from the news
- Get COVID-related news from medical professionals and sources like the CDC ([www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)) or our local public health department
- Reach out to a mental health professional if we're struggling.

See back side for more ideas and resources and visit <http://covid19.ca.gov/manage-stress-for-health>



## Help with Basic Needs

We all need food, shelter, and enough money to meet our basic needs. Visit <https://covid19.ca.gov/> to access shelter, housing, food, financial relief, and health care coverage resources. We can also call 2-1-1 or our local Family Resource Center to get help. To file taxes, safely from home, at no cost, contact [www.caleitc4me.org/free-tax-prep-locations/](http://www.caleitc4me.org/free-tax-prep-locations/).



## Routines

A daily walk or dance session, a family meal, or game time can provide predictability and comfort. We might need to experiment and adjust schedules until we find what works best.



## Supportive Relationships

While we need to practice social distancing, we also need nurturing social connections more than ever. Call, text, or video chat with a friend or relative if possible. To connect with kids, we might hug, cook, read, or craft together.



## Giving and Accepting Help

Helping others can make us feel better! Call a friend to check in, pick up your neighbor's medicine, donate time or money, or sew a mask. We can let those in our circle know if we are struggling. And, we can try to accept help if others reach out to us.

**KEEP CALM & STAY STRONG!**

This flyer was  
co-created by:



# How to Support Our Kids During the COVID-19 Pandemic

Parenting in a pandemic is hard work. Children, like adults, need extra support during times of high stress. Creating predictable routines and giving age-appropriate chores can help kids feel more settled. We can also help our children find small things to be thankful for every day. In addition, these simple steps from Donna Jackson Nakazawa, author of *Childhood Disrupted* and *The Angel and The Assassin*, can help us support children during this time.



## Hunt for the Good

When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.



## Move and Play

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun and to ease stress.



## Give 20-Second Hugs

There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



## Slow Down or Stop

Rest. Take breaks. Take a walk or a few moments to reset or relax.



## Nurture & Protect Kids as Much as Possible

Be a source of safety and support.



## Say, "Sorry"

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.



## Make Eye Contact

Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."



## Help Kids to Express Mad, Sad or Hard Feelings

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



## Be There for Kids

It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

## Hotlines and/or Resources

### 2-1-1 California

[www.211ca.org](http://www.211ca.org)

### California Parent and Youth Helpline

1-855-427-2736 (8 am - 8pm)

### California Peer-Run Warm Line

1-855-845-7415 non-urgent support (24/7)

### California Youth (ages 12-24) Crisis Line

Call or text 1-800-843-5200 or chat online (24/7)

### Childhelp National Child Abuse Hotline

1-800-4-A-CHILD (24/7)

### Domestic Violence Hotline

1-800-799-7233 (24/7)

### Friendship Line for Adults 60+ or with Disabilities

1-888-670-1360 (24/7)

### Guide for Immigrant Californians

<https://covid19.ca.gov/guide-immigrant-californians>

### RAINN National Sexual Assault Hotline

1-800-656-HOPE (24/7)

### Suicide Prevention Lifeline

1-800-273-8255 or text 838255 (24/7)

### Trevor Project (LGBTQ youth)

Call 1-866-488-7386 or text START to 678678 (24/7)

### More Hotlines:

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being>