

Adult Coping Tips for Covid-19

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Let me acknowledge the tremendous suffering that has been occurring all over the world and the impact on everyone's lives. I very much hope that one or more of these tips are helpful for you.

1. Do acts of Kindness (Call, text, write, help someone, talk to friends and relatives, donate)
2. Observe and note when others are trying to be kind to you, Bonus: When they do, if you hold the feeling in your heart for a minute, you get additional benefits.
3. Upgrade your primary relationship: Talk about how you are experiencing this challenge and why you chose them to discuss this with. Plan how you are going to spend time together during the social distancing phase of this.
4. Come up with a home exercise plan: Walk, Stretch, do some yoga or use that home exercise equipment that has been laying around.
5. Journal: This is a powerful way to get perspective and reduce stress. Choose a pen and paper you like; Journal on your phone with an app or in a Notes file.
6. Meditate/Use guided imagery to relax: You can lower your arousal level by sitting and quieting your mind for as little as 5 minutes. Drink a mindful cup of coffee or tea while you are not doing anything else. Listen to a guided meditation online.
7. Explore your Spiritual Side (Meditate, Pray, Journal, Ponder, Read spiritual material, Join online Intention/prayer circles).
8. Convert vague worries into specific fears: Vague worries are harder to manage. Try to get clear as to what you are specifically afraid of. That enable you to predict the likelihood and impact.
9. Play some games: There are plenty of games and puzzles that can help you distract you. Find one.
10. Dine Well: Set the table with your finest china or your awesome Grateful Dead Plastic cups and cook a meal together. If you live alone, take a picture and send it to friends or post it. Bake cookies
11. Remind yourself that this will pass: Plan for what you will do for fun when the weather gets warmer.

*Feel free to share this. We are all in this together.