



IT'S OKAY TO FEEL...



A GUIDE TO HELP WITH YOUR EMOTIONS

THESE UNCERTAIN TIMES CAN LEAD TO EMOTIONS WHICH CAN MAKE YOU FEEL SCARED, STRESSED, HELPLESS DEPRESSED, OR OVERWHELMED

Understand that you're not alone, and it's okay to feel:

- ▶ Worried about protecting oneself from the virus
- ▶ Concern that medical care or community services may be disrupted
- ▶ Socially isolated, especially if you live alone or are in a community that is not allowing visitors due to social distancing
- ▶ Guilt if loved ones help you with activities of daily living
- ▶ Increased levels of distress if you or someone you know has been exposed to Covid-19



Taking care of yourself, helping your friends, and your family can help you cope with the added stress you are experiencing.

WAYS TO COPE WITH STRESS:



Take breaks from watching, reading, or listening to the news, including social media.

Take care of your body. Exercise regularly & maintain a sleep schedule.



Try to eat healthy, well-balanced meals.



Make time to unwind. Take deep breaths, stretch, or meditate.



Try to do activities you enjoy.



Check in with your loved ones. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

Call • Text • Video Chat • Online Games • Email • Write a Letter or Card



TIPS FOR PARENTS FOR THEIR CHILD OR TEEN:

- ▶ Answer questions about Covid-19 in an understandable way.
- ▶ Reassure their safety. Let them know it is ok if they feel upset.
- ▶ Limit exposure to news coverage, children may misinterpret it and can be frightened if they do not understand.
- ▶ Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.

Talk with people you trust about your concerns and how you are feeling.

FEEL ALONE?

Download the SAFEUT App
Utah Crisis Line: 1.800.273.TALK
Warm Line: 801.587.1055