

COPING WITH STRESS DURING COVID-19 OUTBREAK



#WEARECLS

WWW.CLEARLAKESHORES-TX.GOV/COVID19



COPING WITH STRESS DURING COVID-19 OUTBREAK

**FEAR AND ANXIETY ABOUT A DISEASE CAN BE
OVERWHELMING AND CAUSE STRONG EMOTIONS IN ADULTS
AND CHILDREN. COPING WITH STRESS WILL MAKE YOU, THE
PEOPLE YOU CARE ABOUT, AND YOUR COMMUNITY
STRONGER.**

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TAKE CARE OF YOUR BODY

TAKE DEEP BREATHS, STRETCH, MEDITATE, EAT HEALTHY, GET PLENTY OF SLEEP. EVEN IF YOU'RE STUCK AT HOME, TRY TO STICK TO YOUR REGULAR SLEEP, SCHOOL, MEAL, OR WORK SCHEDULE

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ENJOY OUTDOOR ACTIVITIES WHILE PRACTICING SOCIAL DISTANCING

WHILE THE GYM AND GROUP CLASSES ARE OUT, YOU CAN
STILL CYCLE, HIKE, RUN OR WALK.

REMEMBER, PER STAY-AT-HOME-ORDER:

DON'T FORGET TO COMPLY WITH THE SOCIAL DISTANCING GUIDELINES,
INCLUDING MAINTAINING SIX FOOT SOCIAL DISTANCING.
PUBLIC OR PRIVATE GATHERINGS OF ANY NUMBER OF PEOPLE OCCURRING
OUTSIDE A SINGLE HOUSEHOLD OR LIVING UNIT ARE PROHIBITED.

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STAY CONNECTED

CONNECT WITH OTHERS. TALK WITH PEOPLE YOU TRUST ABOUT YOUR CONCERNS AND HOW YOU ARE FEELING. UTILIZE SOCIAL MEDIA AND STAY IN TOUCH WITH FRIENDS AND FAMILY. FEELING CONNECTED WILL REMIND US THAT WE'RE NOT ALONE.

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TAKE A BREAK FROM CORONAVIRUS!

TAKE BREAKS FROM WATCHING, READING, OR LISTENING TO NEWS STORIES, INCLUDING SOCIAL MEDIA. HEARING ABOUT THE PANDEMIC REPEATEDLY CAN BE UPSETTING. MAKE TIME TO UNWIND. TRY TO DO SOME OTHER ACTIVITIES YOU ENJOY.

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SHARE THE FACTS

SHARING THE FACTS ABOUT COVID-19 AND UNDERSTANDING THE ACTUAL RISK TO YOURSELF AND PEOPLE YOU CARE ABOUT CAN MAKE AN OUTBREAK LESS STRESSFUL. WHEN YOU SHARE ACCURATE INFORMATION ABOUT COVID-19 YOU CAN HELP MAKE PEOPLE FEEL LESS STRESSED AND ALLOW YOU TO CONNECT WITH THEM.

FOLLOW OFFICIAL SITES

**CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)
WWW.CDC.GOV/CORONAVIRUS**

**WORLD HEALTH ORGANIZATION
WWW.WHO.INT**

**GALVESTON COUNTY HEALTH DISTRICT
GCHD.ORG/CORONAVIRUS**

**TEXAS DEPARTMENT OF STATE HEALTH SERVICES
DSHS.TEXAS.GOV/CORONAVIRUS**

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FOCUS ON THE THINGS YOU CAN CONTROL

•
WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.

•
IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITIZER WITH AT LEAST 60 PERCENT ALCOHOL.

•
AVOID TOUCHING YOUR EYES, NOSE OR MOUTH WITH UNWASHED HANDS.

•
AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

•
STAY HOME IF YOU'RE SICK.

•
COVER COUGHS AND SNEEZES WITH A TISSUE AND THEN THROW THE TISSUE IN THE TRASH. IF TISSUES ARE NOT AVAILABLE, COUGH AND SNEEZE IN YOUR ELBOW. DO NOT COUGH AND SNEEZE IN YOUR HANDS.

•
FREQUENTLY CLEAN AND DISINFECT OBJECTS AND SURFACES USING A REGULAR HOUSEHOLD CLEANING SPRAY OR WIPE.

•
GET A FLU SHOT. THE FLU VACCINE DOES NOT OFFER PROTECTION AGAINST COVID-19, BUT IT IS ALSO FLU SEASON.

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**TO LEARN MORE ABOUT STRESS MANAGEMENT DURING
COVID-19, PLEASE VISIT THE CDC WEBSITE AT:**

**[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-
NCOV/PREPARE/MANAGING-STRESS-ANXIETY.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/prepare/managing-stress-anxiety.html)**

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