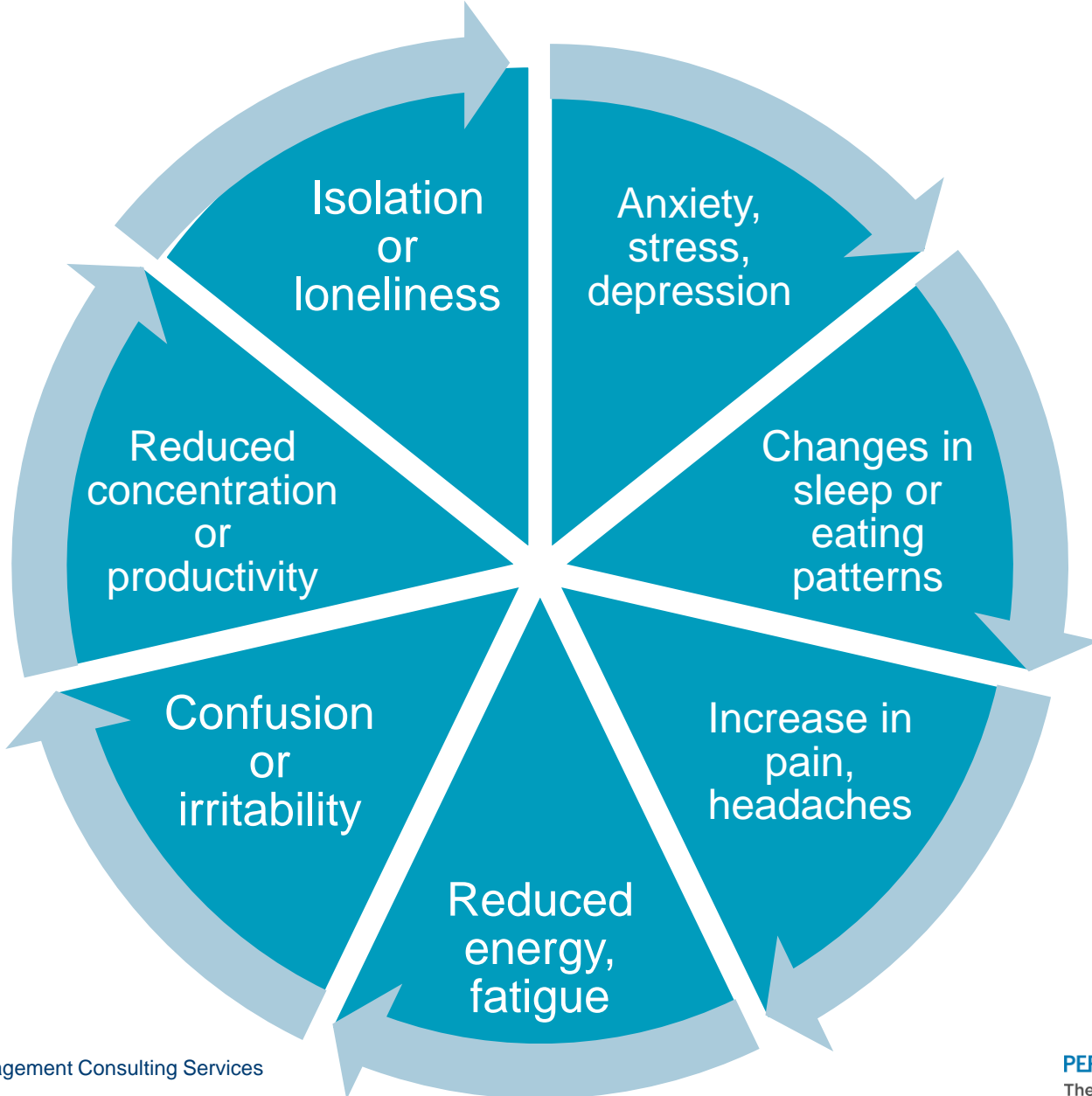


COPING with COVID-19

Expected Reactions to the COVID-19 Crisis



Care for Your Mind and Body



**EAT HEALTHY
MEALS**



**RELAX AND
UNWIND**



**GET ENOUGH
SLEEP**



**INCREASE
PHYSICAL
ACTIVITY**



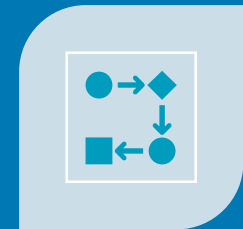
**STAY
EMOTIONALLY
CONNECTED**



**TAKE NEWS
BREAKS**



**LIMIT ALCOHOL
AND OTHER
SUBSTANCES**



**STICK TO A
ROUTINE**

Options for Self-Care or Getting Care



Read about how to care for the emotional well-being of yourself and your family while following sheltering in place and/or social distancing requirements.

<https://kpdoc.org/COVID19mentalhealthcare>



Check out www.kp.org/selfcareapps for online tools, including Calm, a leading tool for mindful meditation and better sleep, and myStrength, an interactive online tool that can help with depression, anxiety, sleep, stress, substance abuse, chronic pain, and trauma.



Reach out to your local Health Education Department for information on emotional wellness classes and wellness coaching. _____.



If you feel like your symptoms are more serious, contact your local Mental Health Department to get care _____. Visit kp.org/mentalhealth to explore mental health topics.

Intimate Partner Violence Resources

If you are experiencing signs intimate partner violence-please call the:

National Domestic Violence Hotline

▲ 24-Hour Confidential Service

The National Domestic Violence Hotline is a 24-hour confidential service for survivors, victims and those affected by domestic violence, intimate partner violence and relationship abuse. The Hotline advocates are available at 1-800-799-SAFE and through online chatting at www.TheHotline.org. All calls are free and confidential.

▲ Or text 911 (new feature)