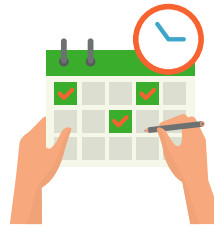


# COPING WITH STRESS



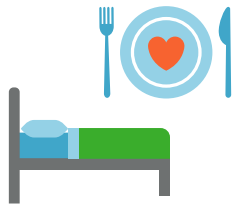
## TALK WITH YOUR FAMILY AND FRIENDS

Connect with others. Talk with people you trust about your concerns and how you are feeling. Maintain healthy relationships, and build a strong support system.



## MAINTAIN YOUR ROUTINE WHEN POSSIBLE

Stick to regular activities and routines, such as meals, naps, baths and bedtime. This will increase predictability for kids. Spend time doing activities that promote calm in your family.



## KEEP A HEALTHY LIFESTYLE

Take care of your body. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.



## FOCUS ON POSITIVE ACTIVITIES

Read, go for a walk, listen to music, take deep breaths, stretch, or meditate. Opt for activities that relieve stress and encourage positivity, while practicing social and physical distancing.



## DISCONNECT FROM MEDIA AND LIMIT PANIC

Take breaks from watching, reading or listening to news stories.



## SEEK ACCURATE INFORMATION

Always check your sources and turn to reliable sources of information found from credible resources, such as the Centers for Disease Control and Prevention or the Ohio Department of Health.



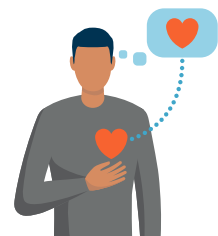
## FOLLOW SAFETY AND HYGIENE PROCEDURES

- Clean your hands often
- Cover coughs and sneezes
- Obey travel restrictions
- Stay home if you are sick
- Practice social distancing



## PREPARE A SUPPLY OF WATER, FOOD AND HOUSEHOLD ITEMS

Have a 30-day supply of non-perishable food and household supplies, such as, laundry detergent, bathroom items, pain relievers, cough and cold medicines, fluids with electrolytes, vitamins and diapers if you have small children.



## ACKNOWLEDGE YOUR FEELINGS

It is natural to feel stress, anxiety, grief and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Share concerns you have with your family and friends.

 **Lima Memorial**  
HEALTH SYSTEM

*Affiliate of ProMedica*

