

# Tips from Sue Steele and Patricia Stamm

- Acknowledge the situation—the times are extraordinary
- Tune-in to how you are feeling, maybe say it out loud or write it down
- Reflect on what you know about yourself—introvert, extrovert, tendency to obsessive behavior, anxiety, depression, controlling personality—as this may lead to different coping mechanisms
- Experiment with one or more proven techniques:
  - Create/stick to a routine; seek activities with a clear beginning, middle and end; find an activity that is meaningful to you (volunteer, donate, write); limit TV and online news and alcohol and drugs; reflect on past ways you have coped with difficult times

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- Physical—exercise (especially walks in nature); nutrition & diet; sleep; maintain routines; moderation in all things; deep breathing
- Psychological/Spiritual—love; stay in touch; smile; embrace humor; reflect on meaning of life/priorities/accomplishments; use yoga/meditation/mind-body techniques; prayer; express gratitude; focus on hopeful thoughts; distract yourself from negative thoughts
- Be Pro-Active--meaningful work; take initiative; do something you have control over; exercise your creativity; actively seek a sense of calm; avoid triggers of anxiety and stress