COVID SURVIVAL GUIDE



scared .0 chest pain v tense phobia v panic attacks

GO OUTSIDE

gain perspective + context

BE ACTIVE

body, mind + spirit

CULTIVATE RELATIONSHIPS

rid yourself of negativity focus on positivity

NURTURE GRATITUDE

what is going well? Document it



SAFE GUARD + PROTECT

if navigating addictions, be wise + safe limit news + social media

SPEND TIME WITH ANIMALS

decrease stress, increase comfort



less is more, don't try to do too much fatigue = overload weakened immune system

LAUGH

humor is a sustaining force of positivity

SLEEP

cleanse + repair your brain + body

BE REALISTIC + COMPASSIONATE

Be mindful + reach out to others



Best Care EAP counselors are available through the

COVID COUNSELING HELP LINE 800.801.4182

If you need help, call Best Care EAP TODAY!





Simplify.