COVID SURVIVAL GUIDE

GO OUTSIDE
gain perspective + context

BE ACTIVE
body, mind + spirit

CULTIVATE RELATIONSHIPS
rid yourself of negativity
focus on positivity

NUTURE 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

SIMPLIFY
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!