

We are all in this together, even at a distance

Many people's lives have been turned upside down by the coronavirus crisis. You may find yourself feeling a range of emotions from sadness, loneliness, anger, fear, loss of control, and anxiety. It's normal to feel stressed and upset during a crisis. Finding ways to cope and manage stress is important for your health and wellness. Here are some tips to help you support your emotional health and your community through these challenging times.



Take a Break from the News.

Be aware of how much time you spend looking at the news and social media and how it is impacting your mood. Remember, there is a lot of misinformation out there! Consider turning off push notifications, and verify your sources.



Reach out for support

Reach out for Support. If you are worried about your finances or getting food for you and/or your family, know there are [resources to help](#).



Maintain familar routines

As much as possible, try to wake up and go to sleep around the same time every day. If you're working from home, develop a daily telework schedule, with breaks included.



Find ways to connect with loved ones

Call/text your family, neighbors or friends and ask them how they are doing.



Do things that give you joy

Do things that give you joy. Talk to a friend or family member on the phone. Connect to your spirituality. Cook your favorite meal. Cuddle your pet.



Focus on Movement

Take a walk around the block. Go to the park. Stand outside your front door and breath in the air. Do some yoga or chair exercises. If you do go out, just make sure you are maintaining at least 6 feet of physical distance from others!



Go online

- Stream music you love or join a dance party with your favorite DJ on social media.
- Take a [virtual museum tour](#).
- Participate in an online worship service or [support group](#).
- Connect with your community by hosting a [Zoom](#) gathering—now available for free!



Just breathe

Stop what you're doing, close your eyes, and slowly breath in and out for a minute. Breathe in for four seconds. Hold for seven seconds. Breathe out for eight seconds. Download a meditation app like [Insight Timer](#), [Headspace](#), or [Calm](#).

Reach out for help by calling the city's 24/7 help line **(410) 433-5175**.
Calls are free and confidential.

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coronavirus.baltimorecity.gov



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