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"For Safety's Sake - Do Something"

SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

Coronavirus - Stress and Coping Techniques (Part 3 of 3)

Positive Coping Methods

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol.
- Make time to unwind. Include other activities you enjoy.
- Connect with others via phone. Talk with people you trust about your concerns and how you are feeling.

Individuals who may respond strongly to the stress of the current situation can include:

- Elderly people and people with chronic diseases who are at higher risk for COVID-19.
- Children and teens.
- People who are helping with the response to COVID-19 like doctors and other health care providers or even first responders.

COPING WITH STRESS
VIRUS OUTBREAK MANAGEMENT

2019-nCoV
OUTBREAK MANAGEMENT

- TALK WITH YOUR FAMILY AND FRIENDS
- MAINTAIN YOUR ROUTINE WHERE POSSIBLE
- FOCUS ON POSITIVE ACTIVITIES
- ACKNOWLEDGE YOUR FEELINGS
- KEEP A HEALTHY LIFESTYLE: PROPER DIET, EXERCISE, SLEEP
- DON'T USE ALCOHOL, SMOKE OR DRUGS
- DISCONNECT FROM MEDIA AND LIMIT PANIC
- SEEK ACCURATE INFORMATION
- TALK TO A COUNSELLOR
- USE YOUR PAST COPING SKILLS AND TECHNIQUES
- FOLLOW SAFETY AND HYGIENE PROCEDURES
- PREPARE A SUPPLY OF WATER, FOOD AND HOUSEHOLD ITEMS