

Coping with COVID-19 Stress and Anxiety

Limit your COVID-19 media consumption to 20 minutes per day	<p>Stick to reputable health sources, like the Wyoming Department of Health, FEMA, or the CDC</p>
Connect to your life's sources of meaning	<p>Put together care packages for seniors or those in need</p> <p>If you have the means donate to the Laramie Soup Kitchen</p> <p>Consider adopting a pet if you have space/means</p>
Don't get sucked into overestimating the threat	<p>Everyone should be serious about taking all the reasonable precautions against infection.</p> <p>Humans tend to exaggerate the danger of unfamiliar threats compared to ones they already know, like seasonal flu or car accidents</p>
Seek professional help if you need it	<p>Contact the UCC to begin telehealth counseling by calling 307-766-2187</p> <p>Sign up for Big Sky Mindfulness offered via ZOOM</p>
Maintain a healthy routine	<p>Maintain regular schedules for sleeping, eating, exercise, studying, and socializing (with some flexibility)</p> <p>Gym closed? Take a walk</p> <p>Local hangout closed? Connect with friends through video-chat or the phone</p> <p>Trouble focusing? Use the Time Keeper app</p>

