

Resources to Take Care of Yourself and Your Family

+ Outbreaks can be stressful

+ Everyone reacts differently to stressful situations

+ Ways to cope with stress

- ✓ Take breaks from watching, reading, or listening to news stories, including social media.
- ✓ Make time to unwind. Try some other activities you enjoy.
- ✓ Connect with others. Talk with people you trust about your concerns and how you are feeling.

+ Keeping your family healthy and informed

- ✓ Tips to keep your children healthy: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- ✓ Talking to Kids About the Coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- ✓ Center for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ✓ NPR updates: www.npr.org/sections/coronavirus-live-updates
- ✓ The New York Times: www.nytimes.com/news-event/coronavirus

+ Local resources

- ✓ San Mateo county health <https://www.smchealth.org/coronavirus>
- ✓ Santa Clara county health <https://www.sccgov.org/sites/covid19/Pages/home.aspx>
- ✓ California coronavirus response: <https://covid19.ca.gov>
- ✓ Local food banks <https://www.shfb.org>
- ✓ San Mateo county office of education COVID-19 Response and Resources <https://www.smcoe.org/other/covid-19-response-and-resources/>
- ✓ Santa Clara county office of education COVID-19 Response and Resources <https://www.sccoe.org/covid-19/Pages/default.aspx>
- ✓ 2-1-1 Local resources including food, health, housing.. 211.org
- ✓ Resources for Mental Wellness. *We can talk openly about mental health, recognize symptoms, use local resources.* mhanational.org/live-your-life-well

Physical Wellness

- * Perfect Home Workout - Athlean X: youtube.com/watch?v=vc1E5CfRfos
- * Exercise Resources: darebee.com
- * Yoga video channel: youtube.com/channel/UC-0CzRZeML8zw4pFTVDq65Q
- * Workout classes through several different gyms: cbsnews.com/news/coronavirus-free-online-workout-gyms-live-stream-classes-during-outbreak/

Stress Relievers

- * https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- * Mindfulness Apps Worthy of Your Attention: <https://mindful.org/free-mindfulness-apps-worthy-of-your-attention/>