You’re not immune from your own emotional reactions to the impact of coronavirus disease. It’s important for you to prioritize your own self-care to help you cope with any unsettling emotions this situation can bring. Self-care means making the choice to act in healthy ways rather than just reacting to events. Here are some self-care reminders that you may find helpful to share with employees and to use yourself.

**Physical coping strategies**

› **Getting enough sleep to feel rested** is a key ingredient of self-care. It impacts both mood and energy level. Establish a routine and get to bed at a reasonable hour.

› **Physical activity** is a good way to reduce feelings of stress and tension. It will also help you sleep better, if it’s done at least several hours before bedtime. Talk to your doctor before starting any exercise routine.

› **Eat well-balanced meals** at regular times of the day.

› **Nurture yourself by doing something calming and relaxing.** Deep breathing, meditation and progressive relaxation can help you de-stress. But simply doing activities you enjoy can also help release tension.

› **Avoid alcohol and drugs** as a means to cope, unless your doctor gives you a needed prescription.

**Mental coping strategies**

› **Get the facts** about the problem from the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC), rather than relying on the rumor mill to provide information.

› **Give your thoughts a break** from focusing on the “what-ifs” that scare you. Concentrate on the here and now needs of your loved ones, activities you enjoy, and the practical things you need to get done.

**Emotional coping strategies**

› **Reach out to people who care and give voice to your feelings and fears.** Talk out your thoughts and worries with loved ones.

› **Spend time doing enjoyable activities with friends and family.**

› **Have realistic expectations for yourself.** There are many unknowns in this situation, for which you cannot have the answer. You can’t control every outcome. Give yourself a break and realize you are doing the best you can.