

CORONAVIRUS (COVID-19): Coping with COVID-19

There are a lot of unknowns in the world right now. As the coronavirus continues to spread, it's natural to feel anxious, stressed or worried. We want you to know you are not alone. One thing to remember is that physical distancing is a collective action to keep each other safe. You are doing something great simply by staying home.

It is more important than ever to maintain a healthy lifestyle so your body will be better equipped to handle illness and stressors. Establish a daily routine whether it is yoga, push-ups or stretching. Eat a balanced diet, drink plenty of water, get a full night of sleep, and be mindful of your mental health. Set up time to call, text or video chat with your friends and family each day and look for ways to lower your stress with a walk or meditation. Research shows that mindfulness meditation can reduce symptoms of stress, anxiety, and depression.

Calm is offering free meditations during this time. Also, available at no cost to our members, the myStrength mobile app offers a personalized program with interactive activities, in-the-moment coping tools, inspirational resources, and community support. It has features specifically designed to help you cope with fear or anxiety about the coronavirus.

For more information on myStrength visit kp.org/selfcare. For general mental health advice and wellness resources visit kp.org/selfcare.

To schedule a mental health appointment, contact your provider or call the scheduling number listed for your local area under Mental Health care at kp.org/getcare.

In case of a medical or psychiatric emergency, call 911.