



Remote Options for Support:

- **Military One Source:**
<https://www.militaryonesource.mil/> or 800-342-9647 (non-medical counseling via phone/website chat/video ZOOM)
- **SAMHSA Disaster Distress Helpline:** Get support regarding your anxiety or stress by speaking to a trained counselor at 1-800-985-5990 or by texting TalkWithUS 66746.
- **Veterans Crisis Line:** 800-273-TALK (8255) or <https://veteranscrisisline.net> Text 838255

Your Wellbeing during the COVID-19 Outbreak

You might be worried about Coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people through social distancing measures.

This might feel difficult or stressful, but there are many things you can do that could help your wellbeing.

- Maintain a daily routine. This may look different depending on your status - working from home, on quarantine, change in work shift.
- Focus on things you can control instead of those you cannot – your thoughts and behaviors.
- Eat healthy meals.
- Practice good sleep habits - get out of bed during the day, avoid naps, minimize caffeine and alcohol
- Do things you enjoy - learn something - language, an interesting topic, an instrument, art, write, read.
- Stay physically active - consider workouts at home.
- Turn to reputable sources for your news.
- Limit how often you check the latest news – choose to spend more time doing positive activities.
- Feeling too isolated? Maintain digital connections with people.
- Evaluate your own health behaviors and be a model for others.

WEB RESOURCES

- **Looking after your mental health during the Coronavirus outbreak**
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- **Parent/Caregiver Guide to Helping Families Cope with COVID-19**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf