

•**POSITIVE OUTLETS TO COPE WITH** PTSD, ANXIETY, **AND DEPRESSION**

1. MEDIA DISTANCING

- To stop the spread of COVID-19, we've had to practice social distancing.
- But to stop the spread of anxiety, we must distance ourselves from the media.
- The media, which is 24/7
 Coronavirus and virtually all
 negative, is the driver of those
 thoughts.



2. DO NOT WORRY, TAKE ACTION!!

- Whether you are worried about contracting the virus, your struggling business, or being unemployed, the more your mind focuses on worst-case scenarios, the more anxious you feel.
- You can't stop thoughts from entering your mind, but you can choose to stop dwelling, and you can choose to take action to solve problems.



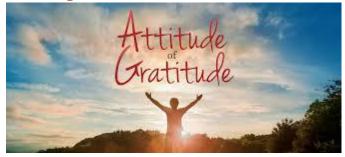
IF YOU **REALIZED HOW** POWERFUL YOUR THOUGHTS ARE, YOU WOULD NEVER THINK A NEGATIVE THOUGHT

3. FOCUS ON PRESENT ODDS

All deaths are tragic, but we must maintain proper perspective.

- The vast majority of people infected with COVID-19 have mild to moderate symptoms or no symptoms at all
- The number of deaths will continue to climb (and the news will report every one) and yet, the chance of you or a loved-one dying is still remote, especially with everyone's effort to maintain distance and isolate.

- 4. Focus on Being Productive and New Ways of Enjoying Life
- Focus on what you are grateful for
- Exercise your body



- Relaxing your mind will help give you the peace you desire.
- Guided meditation, yoga, music, art, & exercise
- A gratitude journal
- These are all practices that lower stress.

5. Be Kind to Yourself and Others and Have Faith

- It's normal to feel anxious and worried during a national crisis
- Reaching out to relatives and friends who are isolated or in need will boost their spirits and yours.
- If you are unemployed or your business is suffering, your new job is to weather this storm as best as you can until it passes.
- Have faith that it will, despite not having all the answers.

BE **Skind** TO OTHERS, BE **Skind** TO YOURSELF

6. Seek Out Professional Help

- You don't need to do this alone.
- If you are experiencing an escalation of anxiety, talk to a professional who can help you through this difficult time.
- Almost all therapists are using telehealth, so you are not limited to professionals in your area.
- Medication for anxiety, depression, and insomnia might also be needed and can be prescribed by a psychiatrist or your primary care physician
- https://adaa.org/learn-from-us/from-the-experts/blogposts/consumer/top-ten-covid-19-anxiety-reduction-strategies



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REMEMBER

