What do you do to cope?

Living in the time of COVID-19 adds stress to all of our lives. It is important to find ways to cope with this stress.

Just a few ideas are included in this word search. What would you add to this list?

How To Cope With Stress

D N E I R F A L L A C P R E
T Y H E M R R G E R C R P
S S T I A D O U Y E E A G R
A T A E K R H I N X T N R O
I D E G E T S L E E P E O B
D P R M A T S R N R T A E L
E L B O R P C T N A S G L E
E A R E T I G I W L I O H M
A Y T A S S L K A A N Y C S
T A A E A M N U R L G O T O
W G O P E I G E M C L D E L
E A P D R H R P R A Y E R V
L M T D E T A T I D E M T E
L E D I S T U O O G M R S L

GET SLEEP
GO OUTSIDE
EAT WELL
DRINK WATER
MEDITATE
LAUGH
RUN
BREATHE
PLAY A GAME
STRETCH
MAKE ART
DO YOGA
EXERCISE
PRAY
CALL A FRIEND
SING
PROBLEM SOLVE

Play this puzzle online at: https://thewordsearch.com/puzzle/1319757/
Are you experiencing disaster stress?

Dealing with the COVID-19 pandemic can lead to a variety of reactions that look differently for each one of us.

You may be experiencing **physical reactions**, such as:
- Gastrointestinal problems
- Headaches, aches and pains
- Weight change
- Sweating or chills
- Tremors or muscle twitching
- Clumsiness, increased accidents
- Being easily startled
- Chronic fatigue or sleep disturbances

You may be experiencing **emotional reactions**, such as:
- Anxiety or fear
- Depression
- Guilt
- Apathy
- Grief
- Denial

You may be experiencing **cognitive reactions**, such as:
- Disorientation and confusion
- Poor concentration
- Difficulty setting priorities or making decisions
- Recurring dreams, nightmares, or flashbacks
- Preoccupation with disaster

You may be experiencing **behavioral reactions**, such as:
- Change in activity level
- Alcohol and drug use or abuse
- Avoidance of certain places or activities

Show Me Hope is here to help you cope with disaster distress.

You can call the Disaster Distress Helpline 24 hours a day, 7 days a week at 1-800-985-5990 or send the text message "TalkWithUs" to 66746.