

## 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	C	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/>

SHOW-ME  
**H**  **PE**  
MISSOURI



## ***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.*