



CGC tips to help combat the effects of the Coronavirus:

Remain calm – it is very difficult not to be scared or upset, but thinking and acting with a calm, clear mind is essential to defeating this epidemic.

Follow all government guidelines, recommendations and mandates – laws, ordinances and mandates enacted recently by local, state and federal authorities in response to this epidemic are for our health, safety and protection.

Learn – knowledge is our best weapon against an epidemic. Gather and learn information about the virus. Understand the context of information you are receiving.

Remain vigilant – carefully observe your surroundings. Try not to come in contact with commonly touched surfaces and maintain a safe space between yourself and anyone who appears to be sick.

Practice #SELFcare – use Sanctuary tools (<https://www.thecgc.com/sanctuary>) to help you deal with trauma from Coronavirus. Plan a daily SELF check-in with yourself and coworkers, friends or family by asking yourself and others these questions:

Safety – how are my physical and emotional safety affected by COVID-19 today?

Emotion – what emotions am I feeling today as a result of COVID-19? (scared, optimistic, sad, happy, frustrated, etc.)

Loss – what loss am I experiencing from COVID-19? (income, comfort, stability, social connection, support, etc.)

Future – how does COVID-19 affect my future? (possible income shortage, anxiety in near future, hope and excitement associated with eventual slowing of epidemic)

Use your answers to these questions to develop a plan for handling the COVID-19 situation. We are less likely to be anxious and scared when we have a well-organized plan.

Remember, #SELFcare includes physical and emotional health. Be sure to wash your hands, practice sanitary habits and behaviors, get a good night's sleep, eat healthy, enjoy the company of those around you while following social interaction recommendations, and spend some time away from TV's, computers, tablets and phones on a regular basis. Much research suggests limiting our interaction with these types of devices can actually improve our mental and physical health, which might aid in reducing the effects of Coronavirus.

Visit our Pinterest page (<https://www.pinterest.com/communityguidancecenter/>) for related resources.