

## Managing Anxiety and Emotional Wellbeing during COVID-19

During this time of uncertainty, it is critical to take care of your own mental health and wellbeing in order to care for others.

- Check-in with yourself frequently.
- What is my level of anxiety?
- What can I do to help myself cope?

Focus on what you can control.

- Are my news sources reliable?
- Do I need a break from media exposure?
- What can I do to promote my own sense of safety?

Practice boundaries and do not be afraid to say “no.”

- As we navigate social distancing and our own anxieties around COVID-19, practice boundaries that prioritize your own physical and emotional wellbeing.
- Build resilience by reaching out to your social support systems, listening, and showing compassion.

### RESOURCES

#### MANAGING STRESS AND ANXIETY

RULER: The Yale Center for Emotional Intelligence  
[Managing Anxiety Around COVID-19](#)

Centers for Disease Control and Prevention  
[Coronavirus Disease 2019 \(COVID-19\) Manage Anxiety and Stress](#)

Shine and Mental Health America  
[Care for your Coronavirus Anxiety: Toolkit](#)

#### HELPING CHILDREN AND FAMILIES COPE WITH COVID-19

Collaborative for Academic, Social, and Emotional Learning  
[SEL Resources during COVID-19](#)

The National Child Traumatic Stress Network  
[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

Center for Disease Control and Prevention  
[Helping Children Cope with Emergencies](#)

#### TALKING TO CHILDREN ABOUT COVID-19

American Academy of Pediatrics  
[Talking to Children About Tragedies & Other News Events](#)

The New York Times  
[How to Talk to Kids about Coronavirus](#)

National Association of School Psychologists  
[Talking to Children About COVID-19](#)

#### TALKING TO YOUNG PEOPLE ABOUT RACISM AND COVID-19

Teaching Tolerance  
[Speaking Up Against Racism Around the New Coronavirus](#)

Facing History and Ourselves  
[Coronavirus: Protect Yourself and Stand Against Racism](#)

#### CRISIS HOTLINES

[Crisis Text Line](#)  
Text HOME to 741741

[National Suicide Prevention Lifeline](#)  
1-800-273-8255

[Disaster Distress Helpline](#)  
1-800-985-5990 OR Text TALKWITHUS to 66746

*Additional mental health resources are available to SCOE Employees through the MHN Employee Assistance Program.  
Call toll-free, 24 hours a day, seven days a week: 1-800-227-1060 OR visit the website at:  
[mhn.advantageengagement.com](http://mhn.advantageengagement.com) and register with the company code: sia*