

PISD Weekly Remote Coping Strategies and Resources

Life has changed. Every part of life has changed.

How are you dealing with the changes?

Here are some simple things you can do to take care of YOU.

1. **Begin a routine.** We all need to have purpose in our days. Start simple by getting up at the same time, decide what you want to focus on for the day. Stick to a schedule.
2. **Do something each day that is encouraging for you.** Small things can encourage us such as taking a break and watching a favorite show.
3. **Do something outside every day.** Being in a different environment and seeing the outside can uplift you. Take notice of the blooming flowers, sounds of the birds and/or feel the warmth of the sun.
4. **Connect with others.** This can be done through phone calls, texting, emails or social media. We all are feeling a range of emotions and by sharing with others, our ability to cope is strengthened and the levels of anxiety are reduced.

**If you find you need to talk with someone experienced in mental health care,
here are three support resources.**

Crisis Text Line Text HOME to 74141

Granthalliburton.org

Suicide Prevention LifeLine 800.273.8255