



## **RULER Community Strategies for Managing Anxiety around COVID-19**

If you're noticing anxiety in yourself or those around you these days, you're not alone. When participants at a recent RULER webinar were asked how they were handling their anxiety, they offered up some great suggestions. See what's working for them below.

### **TAKING CARE OF OUR BODIES**

- Going for walks or nature hikes
- Practicing yoga
- Exploring free online workouts
- Using a home gym
- Going for a run
- Playing with kids or animals
- Cleaning
- Focusing on deep/calming breathing
- Eating well
- Getting enough sleep

### **BUILDING & MAINTAINING POSITIVE RELATIONSHIPS**

- Setting regular check-ins with family and friends
- Spending more time with family
- Hosting virtual meals, happy hours, and parties with family and friends
- Starting a family doodle with a daily theme
- Dreaming of new possibilities for connecting with friends and neighbors
- Working with children/students to write letters to people in nursing homes
- Creating a garden with family/students online
- Connecting with students using virtual tools like Google Classroom

### **TUNING INTO OUR THOUGHTS AND MINDS**

- Praying or meditating
- Creating quiet mornings
- Establishing daily goals
- Reminding ourselves, "I'm doing the right thing by staying home."
- Taking it one day at a time
- Setting a schedule and keeping to it
- Turning off the news
- Limiting social media
- Using noise cancelling headphones
- Reframing when negative thoughts occur
- Seeing the "silver lining"
- Laughing
- Setting work boundaries
- Counting our blessings and being grateful