

- Grieve for someone who died from COVID-19?
- Use more alcohol, tobacco, or drugs?
- Have trouble sleeping?
- Feel sad or depressed?
- Feel tired or that everything is too much?
- Lack motivation or concentration?
- Feel uncertain, nervous, or anxious?
- Feel irritated, angry, or in denial?

*Talk to someone if you are stressed.*

## Do I ...

### STRESS CHECK-UP

- Make "rules" that help our family feel safe: basic hygiene, cleaning, any special living arrangements?
- Use calming strategies with family and keep routines?
- Call or use the internet to connect with family?
- Work as a family team to deal with daily challenges and to explain COVID-19 to our children?

## Did we ...

### FAMILY CARE CHECKLIST



# COVID-19 Wellness Pocket Guide

### DAILY PERSONAL CARE CHECKLIST

#### Upon waking

- Slept at least seven hours
- Checked medical conditions and took medication
- Stayed home if felt sick

#### Away from work

- Did 30 minutes of fast walking or other moderate activity
- Ate healthy, well-balanced meals
- Made time for personal hygiene
- Recharged from work with music, meditation, talking to someone, etc.

- "COVID Cares" Support Services offers 20-minute phone support from 9 a.m. to 9 p.m.; [www.mnpsychsoc.org/covid-care-schedule.html](http://www.mnpsychsoc.org/covid-care-schedule.html)
- Disaster Distress Hotline, call 800-985-5990 or text "TalkWithUs" to 66746
- Crisis Text Line, Text "MN" to 741741
- National Suicide Prevention Lifeline, call 800-273-8255

### WHERE TO TURN FOR SUPPORT

*If you feel like hurting yourself or someone else. Call the National Suicide Prevention Lifeline (800-273-8255)*

- Talk to family, friends, people at work, or religious leaders about my feelings?
- Write down my feelings to help process them (see daily journal ideas)?
- Practice breathing and relaxation skills; take part in religious or spiritual activities?
- Focus on what I can control?
- Make basic needs and physical health a priority?

## Did I ...

### WAYS TO COPE WITH STRESS AND GRIEF

### DAILY JOURNAL IDEAS

- What do I need to be and stay at my best?
- What was the hardest thing for me today?
- What do I feel good about today?
- What inspired me today?
- What gave me hope today?
- Do I need to talk or process something with my buddy?
- What did I learn about myself today?
- What am I going to dream about?
- What can I do better?
- What do I need to start again tomorrow?

### NOTES



**STAY SAFE MN**

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Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us)  
to request an alternate format.

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