Navigating COVID-19
HELPFUL TIPS AND RESOURCES

Create a Space for Conversations
Take time to check-in with yourself, relationships, friends, family members, and your local community with Skype, phone, or text. Whether it's technology or chatting with those living with you, share your feelings on what you've heard and seen, surrounding this temporary time.

You Influence Others
Your attitude and reaction matter! Be kind and considerate to others and what they're experiencing, too. Give grace and patience to those around you. We're all in this together!

Nature + Movement
Find ways to get outside for a walk/run or find an online yoga, dance, or fitness class to switch it up!

Routine + Structure
Using the same space for all your daily activities can be challenging. Be intentional about times designated for certain activities and clearing out what's not needed. Try plugging your phone outside your bedroom at night.
If you have children, consider creating a routine that's predictable for weekdays that fits your family.

Creativity
Be curious about something and tap into your creative side! Find things in your home, make artwork, think of a new idea for work, rearrange and clean out a space, find uses for things you forgot about, or tackle that project you've put aside.

Gratitude
What are 3 things you are grateful for today big or small?

RESOURCES

https://www.coronavirus.gov/
https://www.cdc.gov/childrenindisasters/helping-children-cope.html
https://bluezonesproject.hs-sites.com/fortworth/school-districts-others-providing-meals
https://www.fortworth.com/coronavirus/restaurant-updates
https://www.fwisd.org/learningathome
https://www.corepoweryogaondemand.com/keep-up-your-practice