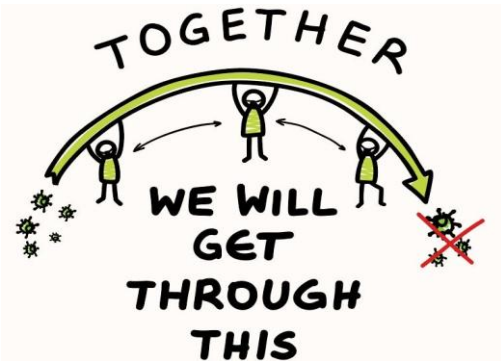


# Coping with the Stress of Community Disruption

*How to manage anxiety during this trying time.*

- Focus on staying healthy physically, emotionally and spiritually.
  - Follow CDC Guidelines to protect yourself and loved ones.
  - Remember what you can and cannot control; be at peace with both.
- Maintain a sense of community in your professional and personal life.
  - Try to connect via phone/text/video with at least one person daily from work, as well as friends and family.
  - Remind your children to do the same with their friends and teachers.
- Try to stay busy and follow your normal daily routine as closely as possible
- Limit the amount of information you consume: too much or inaccurate information can be overwhelming. Educate yourself with reliable information in moderation.
  - Check your source of news in the morning and in the early evening. Try to refrain from exposing yourself to news all day or right before you go to sleep.
- Engage in self-care
  - Take a walk
  - Acknowledge and work through feelings
  - Take a break from social media
  - Make time for your favorite activity



Additional Resources

- [Tips for Parents During COVID-19](#)
- [Coronavirus Anxiety](#)
- [Emotional Resilience](#)

*Remember, you are valued as a team member, cared about as a neighbor and important to the success of our students.*