Ways to Help Cope with the Situation and Impact of Covid-19 on our Daily Lives
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*Remain safe and following the CDC guidelines regarding social space and avoidance of spreading/contracting the virus. Keep your home safe, wash hands after any foray out to grocery, drug or any store and after unpacking items. Create an element of comfort and safe space in your home.

*Create a daily structure for yourself, and if you have children at home, choose a daily routine for all of you. Get up at a regular time, designate time each day for chores, "office" or school work, meals, "social time (phone, FaceTime, Skype, etc.) and other activities. Keeping the TV on the news all day is not recommended for stress reduction!

*Remain calm and grounded, not panicked, over the situations we face. Use deep Mindful breathing, prayer, meditation, reading daily devotions or use online prayer and sermon services to center oneself.

*Exercise either indoors or out - fresh air is healthy and it's time to start yard and garden work. Stretching, yoga, running in place or around the house are helpful ways to keep in shape and expel any stress.

*Stay connected with family and friends via any means possible that follows the CDC guidelines. Avoid isolation, contact with others is an essential part of feeling connected to others.

*Take care of yourself - mentally, spiritually, physically. Have Healthy meals, Positive self talk, plus, holding tightly to both faith and hope are vital to staying calm and countering "fear fantasies.", Rest, drink lots of water, and remain in the present, in today and what you can do to make your day as positive and productive as possible.

*Keep your mind active. Learn new skills and hobbies via YouTube. Do crossword puzzles. Read illuminating books or articles.

*Remember the words of Christ in Matthew 17:20: *If you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move: and nothing will be impossible for you.*