**The Virus COVID-19 Pandemic Now and Afterwards**

Extensive List of Essential Services in English and many other languages:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/essential-services-covid-19>

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| How to cope emotionally and psychologically?  <https://psychiatry.ucsf.edu/coronavirus/coping>  <https://www.psychologytoday.com/us/blog/hope-resilience/202004/7-ways-cope-covid-19>  I cannot control and will let go of:   * The actions of others nor prediction of the future   BUT I can control:   * My positive attitude * Finding fun things to do at home * Stay physically safe * Avoid excessive News – update yourself once in the morning. * Get a sound and regular good night of sleep. Sleep is a pillar of good health * Get and provide comforting social support by video, phone or text   Share your feelings, listen and support others.  **Social Distancing means only physical distancing!**   * Walk outside, find new ways to exercise at home, on line and outdoors * Calming breathing techniques to self-regulate your anxieties and reduce your stress * Eat well – good nutrition helps your mood * Be positive!!! This pandemic will end – people having lived through the World Wars faced much worse tragedies * Meditate daily to connect to a higher power: [www.freemeditation.com](http://www.freemeditation.com) |

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| After the pandemic:   * Keep the good habits you developed * Continue with the positive effect on the environment * Avoid shopping binges |

 