**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
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