



**Information Consumption:** During times of crisis, it is easy to become consumed by media outlets and news stories. At this time, the ratio between negative (scary, troubling, heartbreaking, etc.) and positive (uplifting, inspiring, motivating, etc.) news stories tends to be significantly skewed, especially with the continued reports of increased infection and death rates.

**Potential Consequences:** feeling overwhelmed and panic, frustration to various reports and differences in opinions, and confusion.

**Tip:** Find a personal and appropriate balance between obtaining knowledge and awareness, and becoming consumed or glued to news outlets.



**Sleep:** Social distancing and anxiety related to the current health crisis can quickly result in individuals sleeping longer hours at night and/or taking naps during the day. This is compounded by isolation and boredom, and results in less productivity and engagement in healthy activities.

**Potential Consequences:** fatigue, lack of drive, poor motivation, difficulty sustaining attention, and health related risks or complications.

**Tip:** Follow your regular sleep schedule, prior to the current crisis, for both weekdays and weekends.



**Routines and Schedules:** Many individuals have had their daily routines and schedules shift dramatically, due to changes in work hours, working from home, job loss, lack of day care or limited daycare hours, business closures, etc. These changes often result in depression and anxiety related symptoms, including frustration, hopelessness, uncertainty, and apprehension.

**Potential Consequences:** apathy, lack of motivation, drive, and energy, stagnation and loss of interest.

**Tip:** Follow your daily routine and schedule prior to the presenting crisis, specifically in the realms that are within your control. For example, you do not have control that your local gym has closed at this time, but you have the ability to engage in other exercise related behaviors (i.e., going for a walk or run in your neighborhood).



**Diet:** During periods of isolation and withdrawal, people often utilize food as an unhealthy avoidance strategy. Rather than sitting with unwanted and negative emotions, people often turn to unhealthy eating to find pleasure and comfort.

**Potential Consequences:** weight gain, health related risks or complications, guilt, and shame.

**Tip:** Avoid stress, comfort, and emotional eating behaviors, while following a well-balanced diet to the best of your ability.