

# Staying Calm During COVID-19

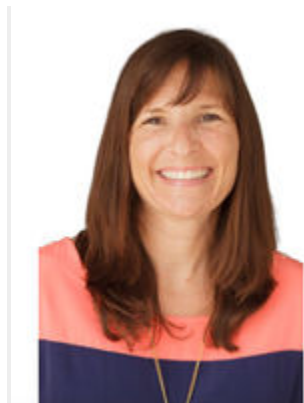
How to rebalance your life in an unbalanced time

## Make a visual list of coping skills and keep it readily accessible

In times like these, you might find your typical ways of coping don't cut it, and you need even more tools and strategies to turn to. You may also find your mind is overwhelmed with information and new adjustments, so you forget the things that used to come more naturally to you.

First, make a list of the things you do already and have done to manage [stress](#) and remain calm. Here are some ideas to get you started: [therapy](#), talking to a friend, exercise, prayer, reading, [meditation](#), yoga, creative activities, positive [self-talk](#), cooking, gardening, journaling, deep breathing, listening to music, household projects, spring cleaning, meditation, puzzles/games, playing with your [pets](#) and kids, and doing something nice for someone else.

## About the Author



[Dr. Amy is a child and adult psychologist and the founder of the NYC group therapy practice, SelfWorks.](#)

Online: [The Now](#), [LinkedIn](#)