

**COVID-19 (Coronavirus)**

# Building coping skills in stressful times

## **Make connections, big or small**

Stay in touch through phone calls,  
email, and online chats.



## **Explore your purpose**

Find a few minutes to take care of  
yourself and do something that is  
meaningful to you.



## **Focus on things within your control**

These are unusual times, and it's  
okay that things don't feel normal.



## **Focus on hope**

Remember, we will get  
through this.



If you or a loved one is having a  
crisis, call **866-4-CRISIS**

**Spread the Facts**

**[coronavirus.wa.gov](https://coronavirus.wa.gov)**