

WSB Alumni

COVID-19 Coping Strategies

You shared stories and advice from across the world for coping with COVID-19. Here are some of your suggestions:

Connect with your community

- **Re-connect with friends:** *...in removing the geographic / locational element to my friendships...this situation has meant I've reconnected with a handful of humans I really love and would have otherwise not been in touch with.*
- **Have family time:** *Spend time with your family, don't spend too much time plugged into electronics or social media.*
- **Support local:** *Start a gift card collection and clearing house for use at local businesses (restaurants, etc.) and distribute the cards to local hospitals and protective service personnel.*
- **Connect regularly:** *Staying connected on a regular basis with friends, family and business relationships...sharing stories and tips for interesting shows/movies/books.*

Learn and develop new skills

- **Embrace technology:** *Scheduling virtual happy hours, video calls, virtual game nights, etc. have been life savers! ...it was COVID-19 that got me to use these techniques with friends and family that don't live near me.*
- **Engage flexibility:** *While this is a difficult time with serious outcomes, it is also an opportunity to focus on those things that we've been meaning to do but have been too busy. Whether that is reading more, cooking new things, spending more time with family, reconnecting with friends, practicing medication, praying more, or anything else, it is an opportunity to do these things without the usually packed schedules.*
- **Learn new skills:** *With some of the extra time we may have on our hands, this could be a great time to take up a new hobby or learn something new.*

Find balance and what works for you

- **Maintain structure:** *Create and maintain structure as possible (creating boundaries on starting and ending the day, allowing yourself to take breaks as you normally would, working in a location where you can separate from home life).*
- **Schedule tasks:** *Treat this time like a space mission and your house like a spaceship. Having a mission means having objectives of what you are going to do, learn, etc. and making sure you have a daily schedule of doing those things.*
- **Find balance:** *Strategies that have helped me are to walk around every 50 minutes within my apartment... Setting restrictions for hours which I will work from home to distance myself from work and find balance.*
- **Find what works for you:** *Find what works for you, and do it. I've been reading 'When' by Daniel Pink and it offers some great advice on how to structure your day around the peaks and troughs of your day regarding productivity.*

Relax and have fun

- **Take walks:** *Every single day...I've taken a 4 mile walk, irrespective of the weather. The physical & mental refresher this provides after sitting inside the rest of the day is almost beyond words.*
- **Limit media:** *Limit the time spent watching the COVID-19 coverage to once a day.*
- **Get outside:** *Get outside and enjoy some fresh air and sunshine, stay in touch with friends and family through Zoom, FaceTime, etc., and turn off the news!*
- **Be grateful:** *When you are struggling, step back and look at what is good in your life. Do you have safe shelter? food? family is safe? income? Look for the areas of gratitude and it will lessen your anxiety.*
- **Journal:** *I've been journaling every day... It's great for keeping me focused and centered. It also helps me be kind with myself...*
- **Exercise:** *I try to run routes that I know will have few, if any, other people present.*