

Coronavirus...Focus on what you CAN do!

- * Wash hands more frequently
- * Keep hands away from face, eyes, nose, and mouth
- * Maintain clean home and car
- * Open windows, get outside and get fresh air
- * Do not smoke
- * Minimize alcohol intake
- * Build Immune System:
 - Get enough healthy sleep: 8 hours/night is best! (Tip: No caffeine intake after 2 or 3pm and no screens 1 hour before bed will greatly improve your sleep!)
 - Move your body daily! Get at least 20 minutes of exercise per day.
 - Eat diet high in veggies, fruits, whole grains, proteins (nuts, plain yogurt, poultry, fish).
 - Decrease sugar intake.
 - Increase water intake. (Suggested amount: 8, 8-oz. glasses per day)
 - Take multi-vitamin.
- * Decrease Anxiety:
 - Limit or take a break from all media reporting on Coronavirus.
 - Share something encouraging or uplifting on social media.
 - Stay intentionally connected with friends and family (if not in person, via phone calls, Facetime, etc.).
 - Practice deep-breathing techniques: Breathe in 4 counts, hold 4-6 counts, exhale slowly 6-8 counts; repeat 5 times in a row multiple times per day.
(Check out these apps-Abide, Calm, Centering Prayer, Reflect)
 - Do something you enjoy like reading, puzzles, knitting, drawing, biking, running, watch a great movie, etc.
 - Laugh often!
 - Be intentional about gratefulness: Make a list of 3 things you are grateful for each day.
 - Try yoga at home. (Check out holyyoga.net)
 - Do something for someone else: send an encouraging note, email, text, share supplies with someone in need, etc.
 - Listen to Christian music stations geared toward hope. (Try WBCL or Pandora for your favorite artists!)
 - Pray for the health of our nation, government and medical officials, schools and students, job concerns, those working to contain the virus, and for God to bring good out of this in yourself and in our nation.
 - Spend time reading God's Word and journaling. (Tip: Try looking up all verses that have to do with peace and journal about them. Check out YouVersion Bible app for other guided plans.)

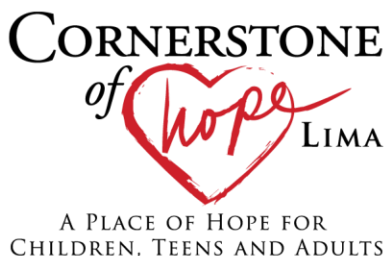
"May the God of hope fill you will all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

-Romans 15:13

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

-John 14:27

theguardian.com, health.harvard.edu



2963 Blue Jacket Court, Suite B
Lima, Ohio 45806
419.581.9138
cornerstoneofhopelima.org