

# COPING WITH COVID-19 FOR ORTHODOX CHRISTIANS

## tips for coping

### ADULTS



- Acknowledge the upheaval in your daily life, & give yourself a chance to catch your breath.
- Be gentle with yourself and those around you—this is new for everyone.
- Maintain regular routines of diet, sleep, & exercise.
- Limit exposure to news—no more than 30 minutes a day.
- Replace commuting time with walking outside or other form of exercise.
- Use social media to communicate with people, but not to read anxiety provoking stories.
- Practice physical distancing NOT social distancing by staying connected with others through text/phone/internet.
- For uncontrollable anxiety or depression, many psychotherapists now offer appointments online.

### KIDS



- Let them talk about their fears and worries without judgment.
- Reassure them that scientists are working on a cure and vaccines.
- Remind them that “stay at home” is temporary.
- Maintain regular sleep and mealtimes.
- Involve kids in setting a schedule for their day.
- Limit exposure to news or adults talking about the news.
- Model healthy coping strategies (see “Adults”).
- Continue to limit screen time and social media usage.
- Take advantage of this unique opportunity for family time—eat more meals together, enjoy “family fun time” in the evenings.
- Avoid power struggles over schoolwork.
- Reward for work completed, empathize with the challenges of “elearning,” & set realistic expectations.

## our spirituality



### PRAYER

- Pray daily.
- Watch Church Livestreams: Stand, pray/sing aloud, & cross yourself as you would if in church.
- Pray the Typika (readers) services.
- Sit in silence daily.
- Read daily scriptures.
- Read spiritual books.



### FASTING

- Continue to observe your Lenten food fast.
- Abstain from excessive social media use; avoid gossip/arguments.
- Replace screen time entertainment with reading and/or spiritual videos/podcasts.



### ALMSGIVING

- Make an added offering to your parish.
- Donate closet items.
- Donate blood if able.
- Skype distant relatives/friends during mealtimes.
- Connect kids & grandparents via Skype to read, cook or play a game together.
- Ask older relatives to share life stories to make a biography.