



TIPS FROM DR. GUINA

HOW TO STAY SANE IN SELF-QUARENTINE

DR. GUINA, EASTERSEALS MICHIGAN'S CHIEF MEDICAL OFFICER, HAS A FEW TIPS TO REMAINING MENTALLY HEALTHY DURING THE OUTBREAK.

- Take care of your general health, like exercising and practicing good nutrition
- Take appropriate precautions to help with anxiety, like routine hand washing and staying home
- Don't let fear lead you to do harmful actions.
- Distraction is a healthy coping skill. Limit news and social media consumption. Instead; read, have a family game night, call loved ones or watch a movie
- Talk to your kids about COVID-19. Validate their feelings. Honesty and empathy go a long way.

For more information go to
www.EastersealsMichigan.com

