



**Florida  
Health Care  
Plans**



An Independent Licensee of the Blue Cross and Blue Shield Association

## COPING WITH COVID-19

*We're all in this together (just not physically.)*

The last few days have been hard for everyone. Many of us are struggling with having our lives upended by the coronavirus. It's important to remember that we're all in this together, even if we have to stay physically apart. We all handle stress differently but we all can learn new and healthy ways to cope with it. The news keeps us inundated with reminders to wash our hands, cover our mouths, and to stay away so here are some other tips and resources that can help you and your family cope with the stress of the Coronavirus outbreak.

### **Tips for us all**

- Stay informed by using reliable sources
- It's ok to limit your exposure to the news
- Take a social media break
- Focus on your health-physical and mental
- Have a plan for your family
- Practice patience and understanding every day
- Try new things, embrace old hobbies, find the fun in everyday

[CDC: Coronavirus information and updates](#)

[WHO: Coronavirus information](#)

[Florida Department of Health](#)



## TIPS FOR PARENTS & FAMILIES

Having a hard time talking to your children about the coronavirus? Do you need help entertaining the little ones now that they're at home and out of school? Check out the links below to find a wide variety of helpful resources.

[Nemours-How to Talk to Your Child About the Coronavirus](#)

[How to Keep Kids Busy Without Lots of Screen Time](#)

[Scholastic's Learn at Home-20 Days of Learning Activites](#)



[Indoor Activities to Burn Energy \(Because Cabin Fever is Real.\)](#)

[Hundreds of Resources for Parents and Kids!](#)

[Florida Map-Meal Locations and Availability](#)

[Need an Internet Connection at Home? Click Here!](#)

## TIPS FOR GROWN-UPS



### NO NEED FOR THE GYM

It's important to stay active while you're at home. Make sure you have time in your schedule to get the exercise you need for your physical and mental well-being. Many local studios and businesses that are closed are also streaming their classes online or via Facebook so give them a try too!

[Free At-Home Classes From Planet Fitness](#)

[Peloton- Free 90 day App Rrial](#)

[Streaming Workout Services](#)

[No Equipment Needed Workout](#)



### WORK FROM HOME

Are you working from home during all of this? If you're not used to it, it can be a weird transition. Try out some of these tips and tricks to make the work day easier.

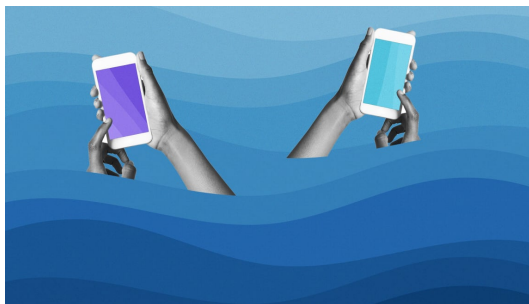
[How to Work From Home And Stay Healthy](#)

[8 Tips to Make Working From Home Work For You](#)

[Everything You Need to Know About Working From Home](#)

[9 Tips to Work From Home](#)

## Protect Your Mental Health



Take the time to take care of your mind. This is an emotional time for us all and that's just as important as your physical health.

[Mental Health and Coping with COVID-19](#)

[10 Mental Health Tips for COVID-19 and Social Distancing](#)

[Online Counseling Options](#)

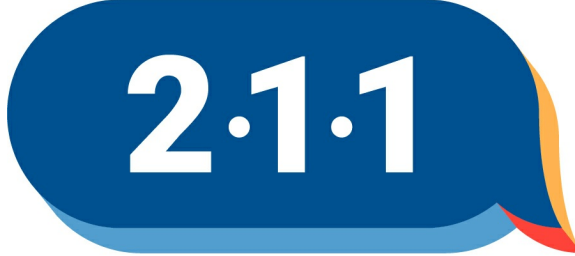
### Need help? Call 211

We all could use a little extra help these days. If you need help and you're not sure where to turn or who to ask, call the United Way at 2-1-1. Trained responders

can help you find the resources you need to make it through.

You'll find information about:

- supplemental food and nutrition programs
- shelter and housing options and utilities assistance
- emergency information and disaster relief
- employment and education opportunities
- services for veterans
- health care, vaccination and health epidemic information
- addiction prevention and rehabilitation programs
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse



**Get Connected. Get Help.™**

[Click HERE for more details](#)



*Make sure you visit our website and follow us on social media for up to date information about COVID-19 and other important FHCP announcements.*

Florida Health Care Plans | [fhcp.com](http://fhcp.com)

