



## Coping with COVID-19

### You are Not Alone

Many of us have heard the words “you are not alone” about life with brain injury. During the past few weeks, these words have taken on even more of an important meaning because now they also relate to our current social restrictions and stress caused by COVID-19.

#### What you can do to help you cope and remember you are not alone.

##### Maintain your normal routine

Get out of bed, eat meals and go to bed around the same time as usual.

##### Stay connected with others

Have a conversation with at least one person outside of your home each day. This conversation may be by phone, email, text or online with your existing contacts.

##### Be grateful

Think of one thing that you are grateful for and say it out loud, write it down or make it part of your conversation with others.

##### Keep calm

Listen to music, go outside for a walk, play a board or card game. Limit the amount of news you watch and only get facts from a trusted news source.

#### Brain Injury Association of Missouri Operation Status

##### BIA-MO Office

The BIA-MO office is closed in compliance with our local stay-at-home order. Staff are working remotely with email access and checking voice messages.

##### Information & Referral Service

Information about community resources continues to be available by calling 1-800-444-6443 or emailing [info@biamo.org](mailto:info@biamo.org).

##### Support Groups and Educational Programs

In-person programs will resume after the COVID-19 crisis.

##### Membership Campaign - Brain Injury Awareness Month

This effort is only partially delayed. Your Membership may be renewed online now on the BIA-MO website, [www.biamo.org](http://www.biamo.org).

**Social distancing and quarantine do not mean total isolation - Stay connected in new ways and know that you are not alone!!!**

#### For More Information, Contact:

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