

Some helpful things to keep in mind or to do in managing our time with Covid-19:

1. Know you are not alone –
2. Manage your media diet - Rely on trusted forms of communication, such as the Centers for Disease Control and the World Health Organization, and give yourself a break from the news and social media from time to time.
3. Stick to a Routine - For example, set a schedule for yourself if you're telecommuting that allows you to take proper breaks for meals and get enough sleep. It's also important to continue to exercise and eat healthy foods, (Avoid caffeine and alcohol, which can increase your anxiety.) If you usually relax on the weekend with books or movies, continue to do that in this new normal.
4. Look out for others - To that end, looking out for your neighbors, family, friends and coworkers can also provide some relief. "When we're supporting others it gives us a sense of purpose."
5. Bishop Lucia celebrates a Daily Mass everyday at 12 noon. It will be live streamed at: www.youtube.com/syrdio. Sunday Mass airs each week; times located at www.syrdio.org .
6. The following churches around the country live stream their Masses.
 - Saint John XXIII - <https://23.church/watch-live>
 - Mass-online.org - <https://mass-online.org/daily-holy-mass-live-online/>
 - St. Patrick's Cathedral - <https://saintpatrickscathedral.org/live>
 - Catholic TV – <http://www.catholictv.org/masses/catholictv-mass/masses-live-demand>
 - St. Monica Catholic Community - <https://stmonica.net/media-resources>
 - St. Joseph Buffalo – <http://www.stjosephbuffalo.org>
 - The Church of St. Paul the Apostle – <http://www.stpaultheapostle.org>
 - Immaculate Conception Fayetteville – <http://www.icfayetteville.org>