

Youth Xchange 2021 Sponsored Category:
COPING WITH COVID
Resilience During the Pandemic



HAWAII STATE
DEPARTMENT
OF HEALTH

The COVID-19 pandemic has changed everything. While we are all doing our part to protect ourselves and our loved ones from the coronavirus, it sometimes becomes very difficult to stay positive when so many things in our world have changed.

During these tough times, **DOH reminds everyone that it's important to stay mentally strong and healthy.**

The Hawaii Department of Health wants your help to get the message out. Use your creativity to **develop a Public Service Announcement (PSA)** that demonstrates how you, your family, and your friends cope with COVID-19 and stay resilient.

Your PSA should be **45 to 90 seconds long** and creatively address DOH's messaging about staying healthy and resilient during the COVID-19 pandemic.

You can even make your PSA in another language that speaks to your community. Just be sure to have English subtitles. To help you get started, we have resources in many languages from across the Pacific Islands and the Pacific Rim, at the URLs below.

Here are some ideas you can explore in your PSA, or come up with your own:

- Handling COVID-19-induced stress
- Dealing with fear and anxiety
- Practicing self-care during the pandemic
- Maintaining and building up positivity
- Ways to prevent the spread of COVID-19
- Ways to stay focused and active
- Making sure you stay healthy
- Having fun when so much is shut down
- Protecting and taking care of our kupuna
- Ways you can protect your community

For more ideas and information, visit the DOH Office of Public Health Preparedness at:

health.hawaii.gov/prepare/olelo