

# Living Well During COVID-19

## How to Cope and Manage Your Emotions

**May 28, 2020 at 12:30 pm Eastern**

Presented by Elizabeth Christofferson, PhD, Clinical Psychologist



It's not easy living with a chronic health condition during a public health emergency. The uncertainty surrounding COVID-19 and growing concerns about your own health and safety can take a toll on your emotions and mental health. During this webinar, Dr. Christofferson will offer advice on how to deal with feelings of fear, isolation, anxiety and stress during the coronavirus outbreak.

You will have the opportunity to type questions in the chat box during the webinar.

**Date:** Thursday, May 28, 2020

**Time:** 12:30 pm ET, 11:30 am CT, 10:30 am MT, 9:30 am PT

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