

2020

April

# Making Quality A Habit

## Putting Person Centered Practices to Work

*Resource Notes*

Excerpt from NAMI guide  
**COVID-19 Resources and Information Guide:**

I'm having a lot of anxiety because of the coronavirus. Please help. We get it. It's hard to sift through the messages and information coming at us. Worse, the "unknown unknown" (not knowing what you don't even know) can cause even greater anxiety for those of us who are panic-prone. Remember that knowledge is power. Understanding the factors that affect a person's immune response to COVID-19 will matter as much as, or more than, understanding the virus!

Available for download at <https://www.nami.org/covid-19-guide>



### COVID-19 Resource and Information Guide



Additional information and updates at [www.nami.org/covid-19](https://www.nami.org/covid-19)