1. What are you doing to cope with your stress related to the COVID-19 outbreak? (check all that apply)

   (1) Getting a good night’s sleep
   (2) Meditation and/or mindfulness practices
   (3) Talking with friends and family
   (4) Engaging in more family activities (e.g., games, sports)
   (5) Talking to people who are pregnant or parenting
   (6) Increased screen time (i.e. gaming, binge watching shows)
   (7) Increased time on social media (Facebook, Instagram and other)
   (8) Decreased time on social media (Facebook, Instagram and other)
   (9) Increased time following news coverage
   (10) Decreased time following news coverage
   (11) Eating comfort foods (e.g., candy and chips)
   (12) Eating healthier
   (13) Increased self-care (e.g., taking baths, giving self a facial)
   (14) Increased time reading books, or doing activities like puzzles and crosswords
   (15) Exercising
   (16) Drinking alcohol
   (17) Using tobacco (i.e. smoking, vaping)
   (18) Using marijuana (i.e. smoking, vaping, eating)
(19) Using CBD only

(20) Using other recreational drugs

(21) Using new prescription drugs

(22) Using over the counter sleep aids

(23) Talking to my health providers more frequently

(24) Talking with a mental health care provider (e.g. therapist, psychologist, counselor)

(25) Helping others

(26) None

(27) Other

If other, please list:

*Question #1-is listed as question #25 in original survey*