

COPING WITH STRESS DURING COVID-19

TIP:

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.



It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.

TIP:

Maintain a healthy lifestyle as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.



Seek help for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

**TAKE CARE OF YOURSELF.
YOU MATTER TO US!**

