

# Coping & Managing Stress During Covid-19

## Stay physically healthy

Create new routines and keep practicing healthy behaviors. Get plenty of sleep each night and move your body throughout the day.



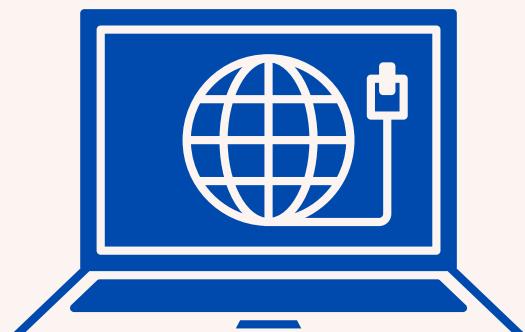
## Connect with loved ones

Talk with people you trust about your concerns and how you are feeling.



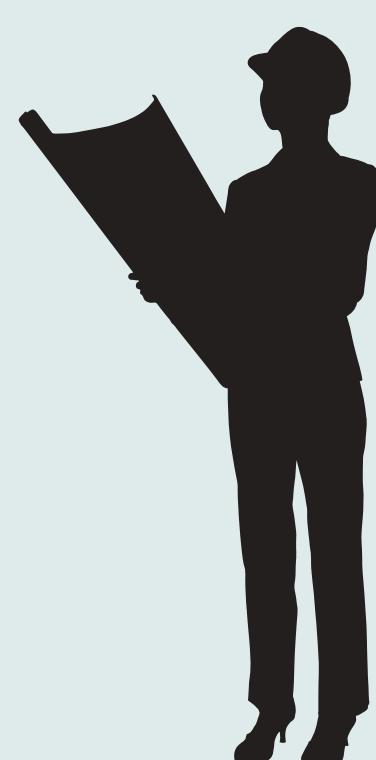
## Get accurate health information from reliable sources

Select a few credible sources of news for up-to-date information.



## Focus on things you can control

Plan for what you can and bring your attention away from the "what-ifs"



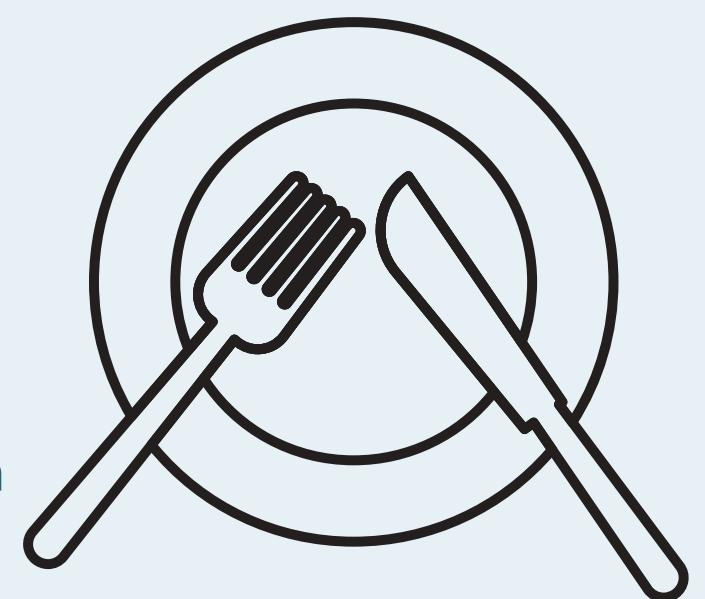
## Practice social distancing

Don't stop now! Let's keep \_\_\_\_\_ going until we  
#CrushTheCurve



## Eat well

Proper nutrition can elevate our mood and strengthen resilience. Try to fill your home with healthy foods when possible.



## Be kind to your mind

Allow yourself to practice patience and self-kindness during these uncertain times. Exercise mindful attention to your needs and focus on positive thoughts if possible.

