

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.



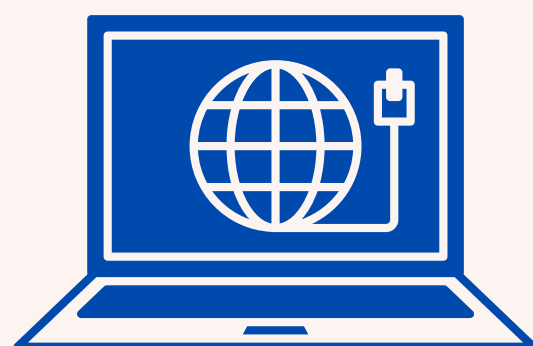
Connect with loved ones

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



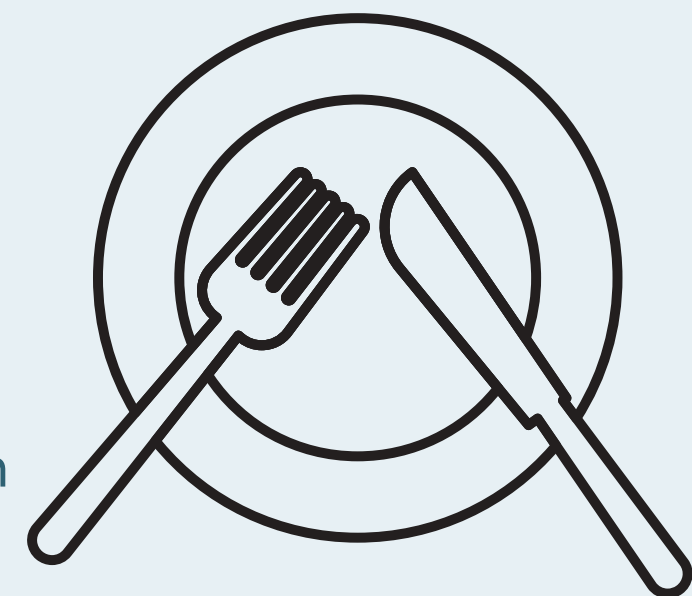
Get accurate health information from reliable sources

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



Eat well

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



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



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.

