

## HOW TO MANAGE STRESS DURING COVID-19

*What a scary and stressful time we face as a society right now! We are all coping with the constantly changing news stories, more discovered cases and continued interruptions in our daily lives with schools, restaurants and businesses closing. How are we caring for ourselves during these high stress times? Use these tips to manage COVID-19 stress.*

---

### ***Acknowledge Your Feelings***

In this situation, it's okay to feel stressed, anxious or upset among other emotional reactions. Allow yourself time to notice and express what you're feeling. You can write your emotions down in a journal, talk to others, do something creative or meditate.

### ***Seek Accurate Information***

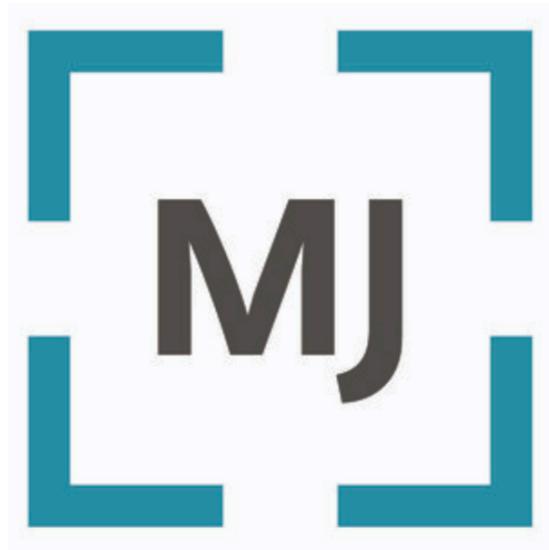
Find credible sources you can trust. It is important to avoid the fear and panic that can be caused by misinformation.

### ***Set Limits Around News and Social Media***

It's understandable to want to be informed; at the same time consistently reading, watching or listening to upsetting media coverage can unnecessarily intensify worry and agitation. Take a break from news or social media, especially if there isn't new information.

### ***Take Care of You***

Continue to get adequate sleep. Strive for 6-8 hours of sleep. Up your Vitamin C intake. Keep your body a little active each day. Explore great hobbies you can do from the comfort of your home!



### ***Stay Connected***

Receiving support and care from others has a powerful effect on helping us cope with challenges. Spending time, even virtually, with supportive family and friends can bring comfort and stability. Talking through concerns, thoughts and feelings with others can also lead to helpful ways of thinking about or dealing with stress.

### ***Develop an Action Plan***

Take steps to decrease your risk. It might be as simple as washing your hands well and limiting your travel and in-person socialization. Recognizing these steps can remind you of the things you can control.

### ***Maintain a Sense of Hope and Positivity***

Try and focus on things that are positive in your life. The World Health Organization recommends opportunities to amplify the voices, positive stories and positive images of local people who have experienced and recovered from the novel coronavirus.

*As always, seeking professional treatment is a great option in order to help you process and unpack the current environment we are all navigating. We celebrate the bravery and courage it takes for those who need to seek professional treatment!*