

STRESS + *Coping*

Concerns over the spread of coronavirus (COVID-19) can be stressful. Things you can do to reduce stress in yourself and others include:

TAKE A BREAK FROM THE NEWS



Spend time away from the news, including social media.

TAKE CARE OF YOUR MIND AND BODY



Take deep breaths, stretch and meditate.

MAINTAIN A HEALTHY ROUTINE



Eat healthy, exercise and get plenty of sleep.

CONNECT WITH EACH OTHER



Talk with others about your concerns and feelings.

Call your healthcare provider if your daily activities are interrupted by stress for several days in a row.