

COPING WITH COVID-19 STRESS

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Here are tips to help you cope with the stress you might be feeling at this time:

- Find a credible source you can trust such as World Health Organization or a local or state public health agency.
- Limit the time you and your family spend watching or listening to media coverage. Seek information once or twice a day at specific times.
- Avoid watching, reading or listening to news that cause you to feel anxious or distressed.

Support your Children!

- Reassure they are safe
- Talk with them
- Answer Questions
- Keep a structure
- Limit media exposure
- Be a Role Model

Maintain a health lifestyle...

Proper Diet
Plenty of Sleep
Exercise Regularly

Don't use
Smoking
Alcohol
Other Drugs
to deal with your emotions

Talk to people you trust:
Friends & Family
Health Workers
Counselors