

Tips to Managing COVID-19 Stress



Turn off the news.

Information overload can be upsetting. Make an effort to switch off your screens periodically.

Take care of your body.

Exercise, meditate, eat well-balanced meals, and take deep breaths.



Make time to unwind.

Find time each day to do something that you enjoy.

Connect with others.

Talk to people you trust about how you're feeling. Sharing this experience with others can help reduce anxiety.

