

# COPING WITH STRESS DURING COVID-19

*It's normal to feel sad, stressed, confused, scared, or angry.  
Talking to people you trust can help.*

## MAINTAIN A HEALTHY LIFESTYLE

as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.



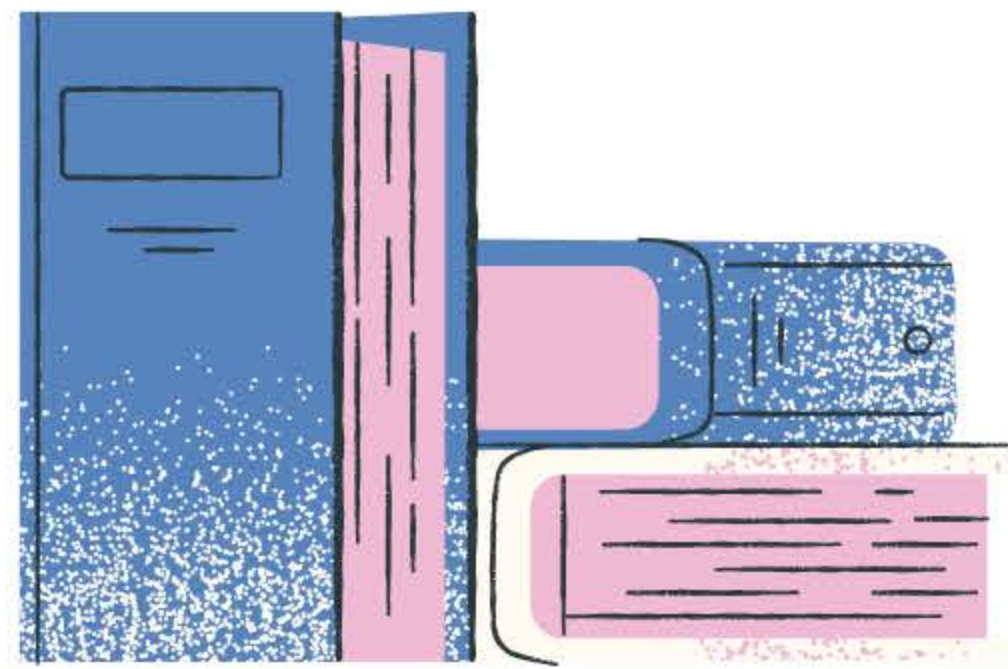
## SEEK PROFESSIONAL HELP

for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.



## GATHER FACTUAL INFORMATION

from credible sources to help you accurately determine your risk and take reasonable precautions.



## UNDERSTAND YOUR MEDIA LIMITS.

Some of us need to temporarily limit our exposure to the news or other forms of media, to regain a sense of peace and calm. That's 100 percent normal.

## MANAGE YOUR EMOTIONS

by using skills that you've used in the past when facing life's adversities.

