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

COPING WITH STRESS DURING COVID-19

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.

AVOID BAD MEDIA
Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

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

Source: World Health Organization