



TIPS ON LOOKING AFTER YOURSELF

Managing
Covid-19 Stress

TAKE A BREAK FROM THE NEWS & SOCIAL MEDIA.

Information overload can be upsetting and can increase feelings of anxiety. Make an effort to switch off your screens once in a while.

TAKE CARE OF YOUR BODY.

Aside from staying safe, stay healthy. Eat well-balanced meals, create a daily exercise routine and take deep breaths.

CONNECT WITH OTHERS.

Reach out and connect with family & friends for a chat over the phone. Talk to people you trust about your concerns and how you're feeling.

GET A GOOD NIGHT'S SLEEP.

Sleep plays an important role in helping a person maintain optimal health and well-being.

**THE SITUATION MAY
BE OVERWHELMING, BUT
COPING WITH STRESS WILL
MAKE YOU, THE PEOPLE YOU
CARE ABOUT, AND YOUR
COMMUNITY STRONGER.**

