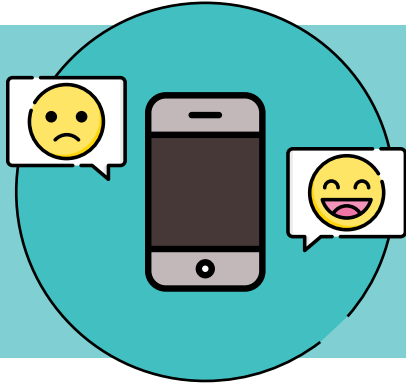
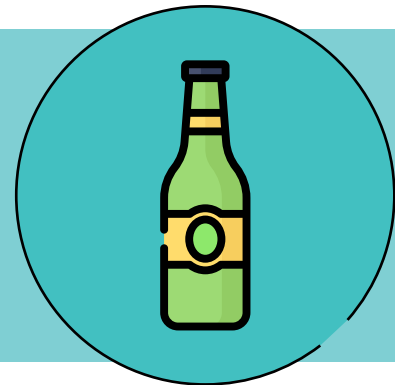
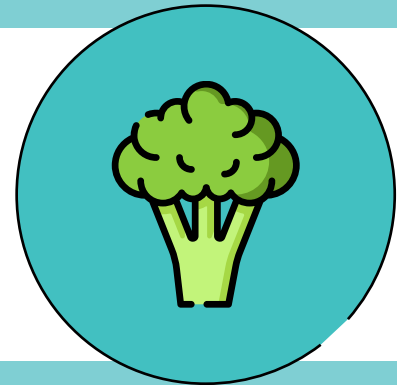


Coping with Stress During Covid-19



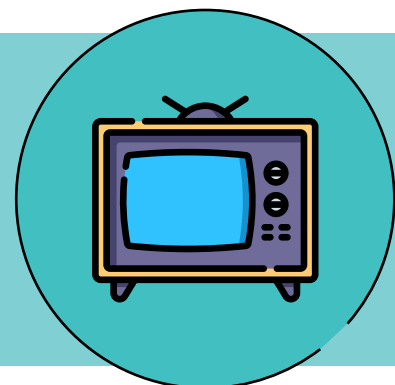
- It is normal to feel sad, stressed, confused, scared or angry during a crisis.
- Talking to people you trust can help. Contact your friends and family.

- Maintain a healthy lifestyle including proper diet, sleep, exercise
- Maintain social contacts with loved ones at home and by email and phone with other family and friends.



- Do not use smoking, alcohol or other drugs to deal with your emotions.
- If you feel overwhelmed, talk to a health worker or counselor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

- Get the facts.
- Find a credible source you can trust such as the WHO, local or government health agencies that will help you accurately determine your risk so that you can take reasonable precautions.



- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

