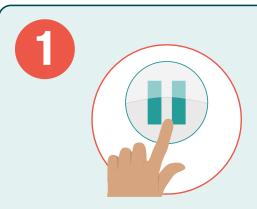# CORONAVIRUS COVID-19
THINGS YOU CAN DO TO SUPPORT YOURSELF

The COVID-19 outbreak may be stressful for people.
Coping with stress will make you, the people you care about, and your community stronger.

1

Take breaks from watching, reading, or listening to news stories, including social media.

Hearing about the pandemic repeatedly can be upsetting.

2

Take care of your body.

Take deep breaths, stretch, or meditate.

Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep.

Avoid alcohol and drugs.

3

Make time to unwind.

Try to do some other activities you enjoy that can help you relax.

4

Connect with others.

Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.