



# Managing COVID-19 Stress

Tips on looking after yourself





# Take a break from the news

Information overload can be upsetting. Make an effort to switch off your screen for a while.

Take a walk outside and get some fresh air - but make sure you keep your distance from others (2 meters minimum).

# Take care of your body

Do some meditation, eat well-balanced meals and take deep breaths. Aside from staying safe, stay healthy.

Keep yourself fit by stretching, doing yoga and strength exercises at home.





# Make time to unwind

Use a few minutes of your day to do something you enjoy.

You can read a book or do some drawing, painting - get artistic!

Get that puzzle out you've wanted to knuckle down with for ages or play your household at a game of scrabble.

Try not to indulge too much in video games.



# Stay connected with others

Talk to people you trust about your concerns and how you're feeling.

You can keep in contact with friends, family, club mates via phone, email, social media.

Look up the 'Houseparty' app for some face-to-face catch ups with your mates! You can even play games with one another!



**The situation may be overwhelming, but coping with the stress will make you, the people you care about, and your community stronger.**

Source: WHO

