Healthy Ways to Cope with Stress

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Below are some of the ways to help you cope with this Pandemic Stress.



1. **Take breaks from watching, reading or listening to news stories** related to the Pandemic including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV and computers screens for a while.

2. **Take care of your body**

- Take deep breaths, stretch or meditate.
- Try to eat healthy, well-balances meals.

- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.

3. **Make time to unwind**. Try to do some other activities you enjoy.

4 **Connect with others**. Talk with people you trust about your concern and how you are feeling.

5. **Connect with your community or faith-based organizations**. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Helping others cope as well.

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Some stress is normal and stress itself is not anxiety or depression. However, severe and ongoing stress can be a risk factor for mental health conditions if it persists. During

this worrying and challenging time, managing your stress levels should be a priority.

#staysafe

#stayathome

#kitajagakita

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