

MANAGING STRESS

DURING CORONAVIRUS (COVID-19)



Feeling distress during the COVID-19 pandemic is completely normal. To help cope with this distress, it is important to care for your emotional and physical health. The following tips can relieve some of the stress you may be feeling during this time.



Find comfort in activities you enjoy

Engage in comforting activities that help you recharge and feel in control of your life. These activities can include painting, reading, listening to music, exercising or socializing with friends via technology.

Be kind to yourself

Remember that no one is perfect. Know that your stress is a normal response. Try to remain positive and be patient with yourself. Acknowledge that this too shall pass.



Connect with others

Do not be afraid to talk about your experiences and emotions with others. Talking with a friend, roommate or family member lets you know that you are not alone. Keep conversations constructive and do not hesitate to ask for help if you feel discouraged.

Make time for yourself

If you feel overwhelmed by daily responsibilities, it's okay to say "NO." Take time for yourself and try not to take on more tasks than you can handle.

