

MANAGING STRESS RELATED TO THE CORONAVIRUS



COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD

01

TAKE CARE OF YOURSELF

Prioritizing these behaviors can go a long way toward increasing your psychological well being and bolstering your immune system.



My Goals

- ♥ take deep breaths
- ♥ stretch & exercise regularly
- ♥ get plenty of sleep
- ♥ spend time in nature
- ♥ eat healthy
- ♥ avoid drugs & alcohol

02

CONNECT WITH OTHERS

Talk with people you trust about your concerns and how you are feeling. Sharing your worries and anxieties can help to reduce them.



03

REDUCE NEWS INTAKE

To reduce anxiety, take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



04

ACCEPT ANXIETY

Allow anxious thoughts, feelings, or physical sensations to wash over you, accepting anxiety as part of the human experience. When these feelings show up, notice and describe them without judgment. Facing anxiety in the moment will lead to less anxiety over time.



05

SEEK OUT PROFESSIONAL HELP

If you are experiencing symptoms that interfere with work, maintaining close relationships, or taking care of yourself/others, it is a good idea to seek support from a counseling professional.

