

COPING WITH STRESS DURING COVID-19



It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.

Maintain a healthy lifestyle as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

Seek professional help for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

SOURCE: WORLD HEALTH ORGANIZATION

Go to www.coachingandlife.com and find tools training and learning to cope in stressful times

