

# 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 screens once in a while.

Source: WHO



# Take care of your body.

Meditate, eat  
well-balanced meals,  
take deep breaths.  
Aside from staying  
safe, stay healthy.

Source: WHO





# Make time to unwind.

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

Source: WHO



# Connect with others.

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

Source: WHO

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

Source: WHO

