

Tips for Managing Stress During the COVID-19 Pandemic:



- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

ADDITIONAL RESOURCES

Disaster Distress Helpline:

1-800-985-5990

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

SAMHSA

Substance Abuse and Mental Health
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |
info@samhsa.hhs.gov | <https://store.samhsa.gov>

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Stress Reduction Techniques:



Tai Chi or Yoga



Exercise



Meditation



Deep Breathing



**Write About What
You Are Thankful For**



Take a Nap



Play With a Pet



Aromatherapy



Listen to Music



Take a Walk