

Managing COVID-19 Stress

Tips on looking after yourself

Take care of your body.

Meditate, eat well-balanced meals, take deep breaths aside from staying safe

Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while



Make time to unwind.

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



Connect with others.

Talk to people you trust about your feelings/concerns

All this may be overwhelming now, but getting through this will make you and your community stronger.

Source: WHO

