

# FEELING STRESSED AND ANXIOUS DUE TO COVID-19?

USE THESE TIPS TO REDUCE YOUR STRESS AND ANXIETY

Focus on **POSITIVE THINGS** you can control

Keep stress under control:  
**STAY HYDRATED,  
EXERCISE, & EAT HEALTHY**

**TALK ABOUT YOUR EXPERIENCE  
& FEELINGS** with loved ones and  
friends, *if that's helpful*

**TAKE BREAKS**  
from upsetting  
content

**TAKE TIME TO RENEW YOUR SPIRIT**  
through meditation, prayer, or helping  
others in need

**CONNECT WITH OTHERS** who may  
be feeling stressed about the many  
challenges and concerns that are  
associated with the pandemic

**PAUSE, BREATHE, & TRY  
RELAXATION TECHNIQUES**  
like yoga or taking a walk

**Georgia COVID-19  
Emotional Support Line**  
**866-399-8938**  
Effective June 1, 2020 - Hours of Operation: 8 am - 11 pm



DBHDD Georgia Department of Behavioral Health & Developmental Disabilities BHL beacon health options

The Georgia COVID-19 Emotional Support Line provides free, confidential and anonymous assistance to callers needing emotional support or resource information because of the COVID-19 pandemic.

**Georgia Crisis  
& Access Line**

1-800-715-4225  
mygal.com



Sponsored by the DBHDD Department of Behavioral Health and Developmental Disabilities

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7.

[dbhdd.georgia.gov](http://dbhdd.georgia.gov) | [www.georgiadisaster.info](http://www.georgiadisaster.info)



Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities  
**Georgia Recovery Project**