



COPING WITH STRESS DURING THE COVID-19 OUTBREAK

During a crisis such as a disease outbreak, it is natural to feel sad, anxious, scared or stressed out. It is important to take care of your physical, social, emotional, and psychological well-being and those of your loved ones.

Stay Connected

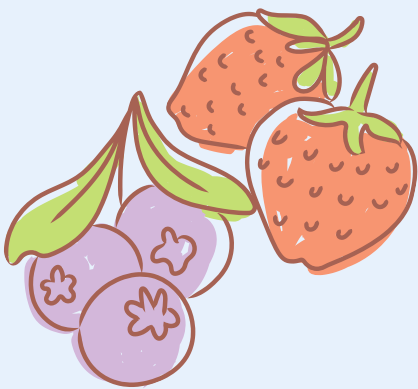
Take the time to reach out to friends or family, even if you cannot see them in person. Share your concerns and how you are feeling



Take Care of your Body

Try to nourish your body with nutritious food, physical activity, and plenty of sleep. If possible, spend time outdoors in nature even just for a few minutes each day.

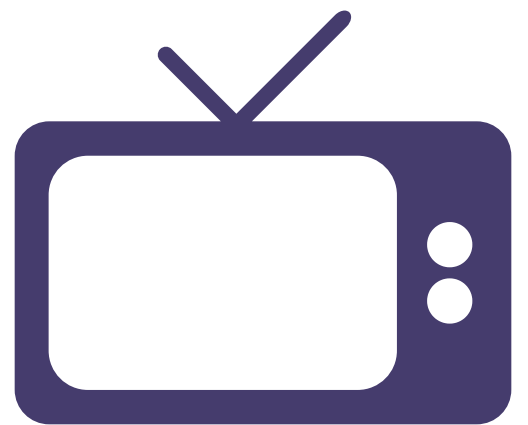
Individuals currently undergoing treatment should contact their healthcare provider on how to keep in touch, or consult a physician when needed.



Stay Informed, but Take Breaks

It is important to stay up-to-date with the news during this time, but be wary for false rumors, including social media. Access information through trusted sources such as **CDC or Virginia Department of Health**.

Take breaks from reading the news if you are feeling overwhelmed and upset.



Take Care of your Mental Wellness

Nourish your mental health through simple activities that you enjoy and get your mind off unnecessary worries. Take time to unwind.



Ask for Help

If stress is adversely affecting activities of your daily life for several days or weeks, reach out to someone you trust, such as a faith leader or your healthcare provider. People with pre-existing mental health conditions should call their provider to arrange for ways to be in touch, and consult a provider when needed. Do not self-medicate. Avoid relying on tobacco, drugs, or alcohol to cope with your feelings.

