

## Managing stress during the COVID-19 outbreak

If you've been experiencing more stress than usual, you are not alone. Dealing with a pandemic is stressful. There are fears about getting ill, the economic impact, and a disruption in our routines. Just when we could use a hug the most, we're told to stay six feet apart!

There are many things you can do to relieve anxiety. Here are just a few suggestions:

- Take breaks from watching the news and social media posts about COVID-19. The constant flow of information can be overwhelming.
- When you do get COVID-19 updates, make sure they are from a reliable source, such as the CDC or your state health department.
- Take care of your body: eat healthy, move more, practice deep breathing or meditation, and get plenty of rest.
- Spend time doing activities that you enjoy. Many of those things can still be done while maintaining social distancing.
- Connect with others from a safe distance. Physical separation doesn't have to mean a lack of communication.

Together we can do this. Stronger together - but six feet apart!

For more information, on Managing Anxiety and Stress, visit the CDC website.

