

Managing COVID-19 Stress

Tips on looking
after yourself



Take a break from the news.

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

Source: WHO



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO





Make time to unwind.

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

Source: WHO



Source: WHO

Connect with others.

Talk to people you trust about your
concerns and how you're feeling.

**The situation may be
overwhelming, but
coping with stress will
make you, the people
you care about, and
your community
stronger.**

Source: WHO

