

**IT IS NATURAL TO EXPERIENCE STRONG EMOTIONS SUCH AS STRESS AND ANXIETY**

## *Coping with COVID-19*

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities

**Take these steps to cope emotionally:**

- Take care of your body (exercise, well-balanced meals, sleep)
- Maintain healthy relationships and support systems (even if virtual for interim period)
- Stay informed but avoid too much exposure to news that is upsetting
- Seek help from professionals if needed for distress that impacts activities in your daily life for several days

Set a good example for children in order to assist them cope with this situation also.