HealthReach Community Health Centers

November 2020

Managing Stress



during the COVID-19 public health emergency

- Talk to your friends and family about stress and anxieties you may be having.
- Be honest and open with children and young adults about your feelings.
- Stick to a schedule that includes enough sleep.
- Choose an activity that makes you happy each day.
- Spending time in nature is proven to lower stress.
- Watch or read about the pandemic less if you have trouble relaxing.
- Exercising, doing yoga or meditating can decrease stress.

CALL 911 TO GET HELP IMMEDIATELY IN A CRISIS OR GO TO THE LINK BELOW FOR OTHER HELPLINES AND CHATS!

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Resources:

¹https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety¹ ²https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Developed by VISTA member Sophie Boardman serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.