



# 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

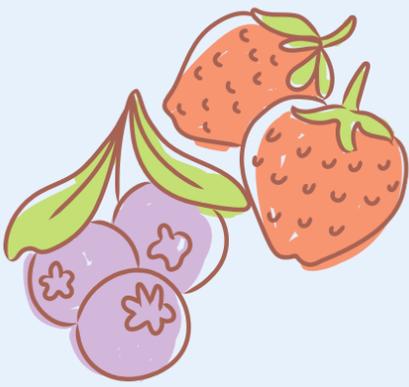
Take the time to reach out to friends or family, even if you cannot see them in person. Share your concerns and how you are feeling



## 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.

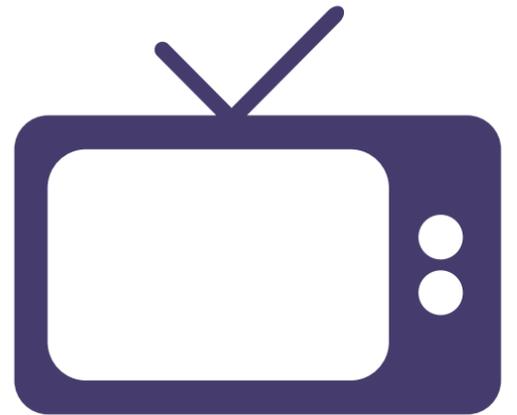
Individuals currently undergoing treatment should contact their healthcare provider on how to keep in touch, or consult a physician when needed.



## 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.

