COVID-19 Tip #8

6 Ideas to Deal with Stress

“Healthy mind, healthy body.”

- Plan a daily routine.
- Find quiet time for yourself.
- Speak to a counselor, friend or faith leader.
- Use technology to stay close to family and friends.
- Stay active.
- Help others, be supportive.

To avoid anxiety or stress:

- Avoid too much news.
- Don’t spend money on unnecessary items.
- Avoid alcohol.

Rural Women’s Health Project
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