

COVID-19 Tip #8

June 2020

“Healthy mind,
healthy body.”

6 Ideas to Deal with Stress



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.