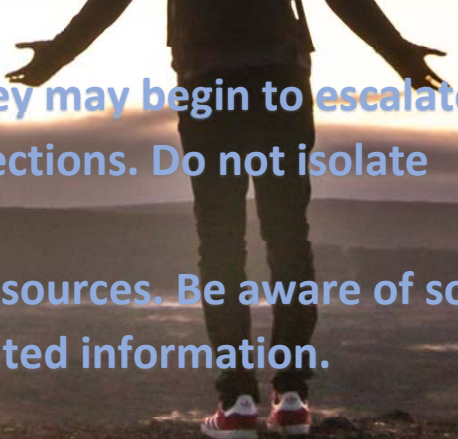


CORONAVIRUS & MENTAL HEALTH

Tips for Managing Stress and Anxiety:

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- ❖ Recognize that concern is a valid reaction.
 - ❖ Be mindful of your emotions and when they may begin to escalate.
 - ❖ Maintain regular routines and social connections. Do not isolate yourself.
 - ❖ Seek accurate information from reliable resources. Be aware of social media that spreads inaccurate or exaggerated information.
 - ❖ Set limits on media consumption.
 - ❖ Recognize the things you can control, such as practicing good hygiene.
 - ❖ Avoid the herd mentality. People are going to react strongly and perhaps negatively to what is going on. Remember, not every response to the issue is a positive one.
 - ❖ Practice good self-care, including adequate sleep, exercise and nutrition.
 - ❖ Engage in activities that promote relaxation, such as yoga, meditation, prayer, listening to soothing music, writing in a journal, etc.

ADDITIONAL RESOURCES

<https://www.loyola.edu/departments/counseling-center/lets-talk/coronavirus>

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>