


## 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.

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- 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:

<sup>1</sup><https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety><sup>1</sup>

<sup>2</sup><https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html><sup>2</sup>