



Coping with stress during the Coronavirus outbreak

- Continue with your treatment plans and be aware of new or worsening symptoms.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to relax. Try to do activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Maintain a sense of hope and positive thinking.
- Call your health care provider if stress reactions interfere with your daily activities for several days in a row.

Know When To Get Help

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- SAMHSA Disaster Distress Helpline:
1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)