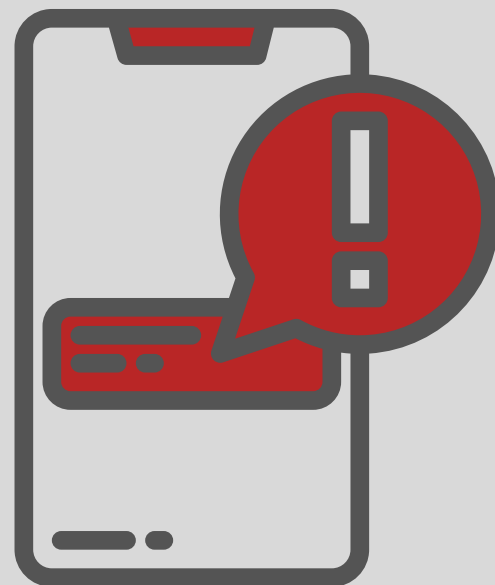


6 Ways to Manage Your COVID Distress



1. MAKE TIME FOR YOUR HEALTH

Prioritize taking care of your mental and physical health needs (sleep, taking medications, nourishment, exercise).



2. UNPLUG FROM 24/7 UPDATES

Disengage from 24/7 COVID news and social media. Find a balance between the COVID information you read and the time you take to breathe.



3. STAY CONNECTED WITH OTHERS

Maintain social connections in a responsible manner. Set aside time to be present with the company of those you enjoy.



4. BE KIND TO YOUR MIND

Cultivate a mindset that supports your own wellbeing best. Celebrate all successes no matter the size of the task.



5. BE GENEROUS TO OTHERS

Do something for others. Evidence shows that acts of kindness have a positive impact on mood and life satisfaction.



6. PARTICIPATE IN THINGS YOU LOVE

Stay involved in your passions whether its engaging in activities with kids, focusing on a hobby, or learning something new.