

Healthy Ways to Cope With COVID-19 Stress

Know what to do if you are sick and are concerned about COVID-19.

Use the TargetCare COVID-19 hotline to speak to a trusted healthcare professional.

Know where and how to get treatment for COVID-19.

TargetCare providers can answer COVID-19-related questions, offer education and advice, perform symptom triage, etc.

Take care of your emotional health

Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

Take care of your body

Take deep breaths, stretch or meditate

Try to eat healthy, well-balanced meals

Exercise regularly

Get plenty of sleep

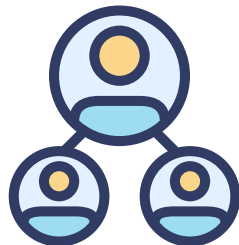
Avoid excessive alcohol use and drugs

Make time to unwind



Connect with others

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories.

Including those on social media. Hearing about the pandemic repeatedly can be upsetting.



SOURCE: CDC.GOV