

FEELINGS OF STRESS AND ANXIETY ARE NORMAL DURING COVID-19

Stay connected.

Play a virtual game, check in on a neighbour, have a video conference.



Be active & take care of yourself.

Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family & loved ones.



Learn something new. Try a new hobby or take an on-line course.



Help someone else. Doing good can feel good.



Reach out for help. Talk to someone you trust or seek professional support.

