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Literature



Managing COVID-19 Stress

Tips on looking
after yourself





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Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO





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Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO





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Make time to unwind.

Use a few minutes of your day
to do something you enjoy.

Source: WHO



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Source: WHO

Connect with others.

Talk to people you trust about your concerns and how you're feeling.



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The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO

