

COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

Emotional Support Hotline:

1 (877) 294 - HELP
(4357)



Call 2-1-1 or
1 (800) 962-1253



Text **NJCOVID** to
898-211



Visit 211.org or
COVID19.NJ.gov or
NJ.gov/Health

www.BelieveInAHealthyNewark.org

* Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.

**Adapted from the International Federation of Red Cross; data from the World Health Organization