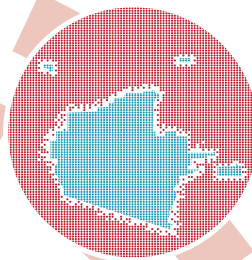


# COVID-19

# STRESS Management



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



Make time to unwind. Try to do some other activities you enjoy.



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

**Hotline:** Sells: 1-888-852-7022 | Monday - Friday 8:00 am - 5:00 pm  
State: 1-844-542-8201 | 24 hours a day, 7 days a week

