• STRESS MANAGEMENT •

DURING THE PANDEMIC

NEWS & SOCIAL MEDIA
Limit your exposure to news and social media to one hour a day. Have non-covid related conversations during the day.

HEALTHY, WELL-BALANCED FOOD
Good nutrition is about well-rounded diet full of fiber, colorful vegetables and some healthy fat.

STAY SAFE
Follow CDC & WHO instructions. Wash your hands & practice social distancing.

AVOID ALCOHOL & DRUG
Using alcohol and drugs will have short term and long term effects on your mental & physical health.

GET PLENTY OF SLEEP
Having a routine, comfortable temperature & dark, quite room will help you to get a good sleep. Removing electronics from the room will also increase the quality of sleep.

EXERCISE REGULARLY
Endorphins during and after physical activity will decrease the level of stress, help you sleep better and concentrate.