

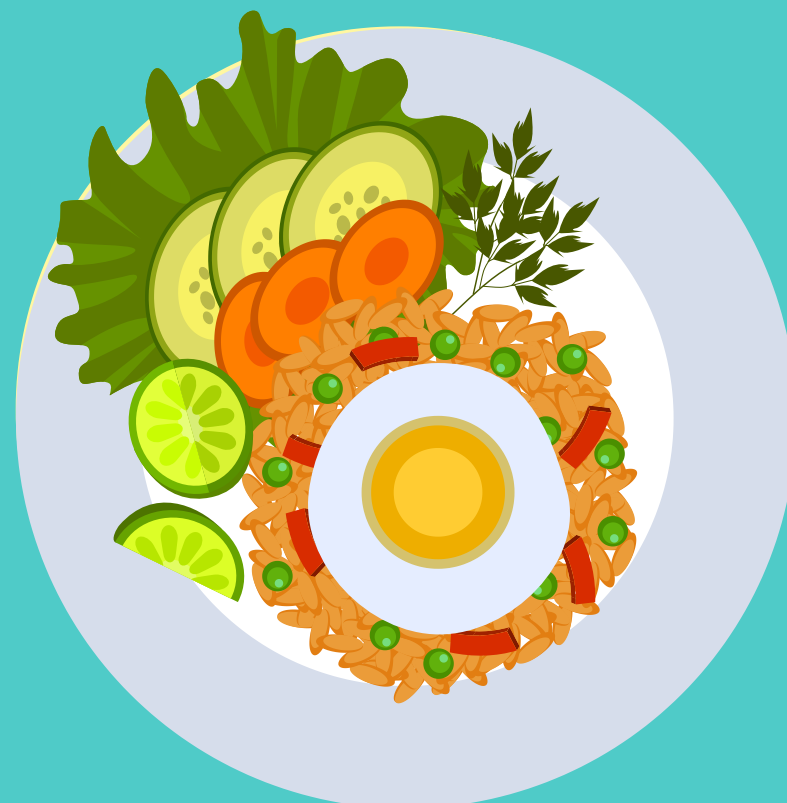
• STRESS MANAGEMENT •

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.



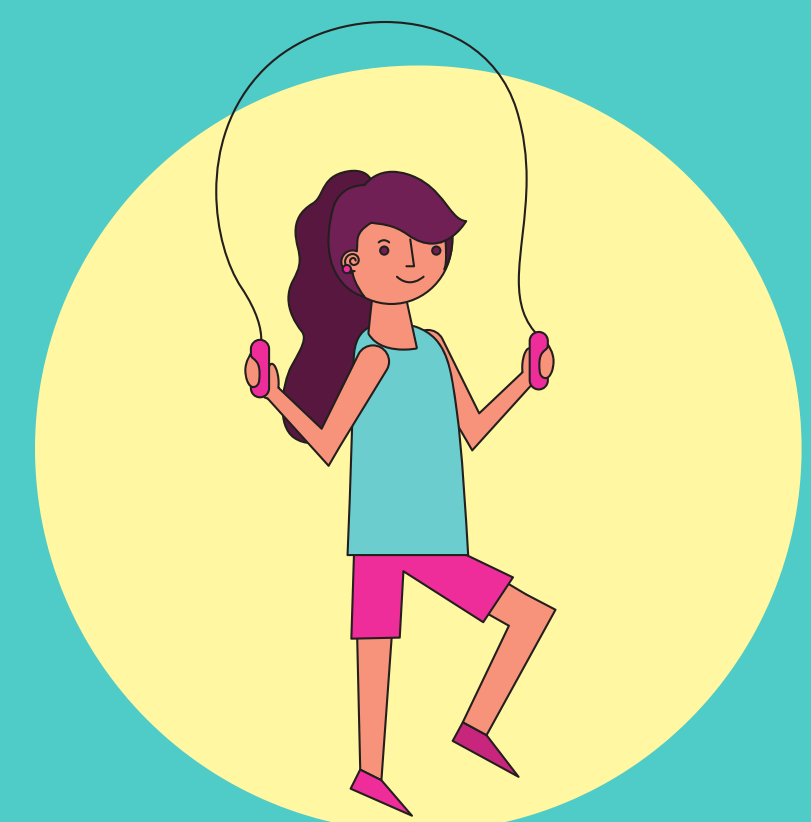
AVOID ALCOHOL & DRUG

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, quiet 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.