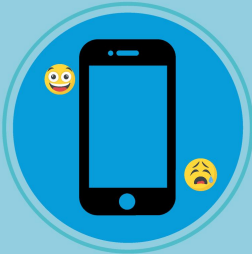




Coping with stress during COVID-19 outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your family and friends.

If you must stay at home, maintain a healthy lifestyle- including a healthy diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to health workers or counselors. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Limit worries and agitations by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Don't attach locations or ethnicity to the disease, this is not a "WUHAN VIRUS" refer to it as COVID-19.

Draw on skills you have used in the past that have helped you manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

