

FEELINGS OF STRESS AND ANXIETY ARE NORMAL DURING COVID-19



Stay connected.
Play a virtual game, check in on a neighbour, have a video conference.

Be active & take care of yourself.
Exercise, eat well, get enough sleep.

Take time to engage virtually or by phone with friends, family & loved ones.

Learn something new. Try a new hobby or take an on-line course.

Help someone else. Doing good can feel good.

Reach out for help. Talk to someone you trust or seek professional support.