

Here are some other things you can do to support yourself and your loved ones:

- Avoid excessive exposure to media coverage of COVID-19. Pay attention but take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Take care of your body. Take deep breaths, stretch, go for a walk or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself and loved ones, that strong feelings will come and go like the clouds passing in the sky. Try to do some other activities you enjoy to stay connected to your normal activities.
- Connect with others safely. Share your concerns and how you are feeling with a friend or family member. Nurture your positive relationships.
- Maintain a sense of hope and positive thinking. This will stabilize and life will return to normal.
- Watch relaxing or funny television, movies, Youtubers. Listen to music or sounds that make you happy.