

# Healthy Ways to Cope with Stress

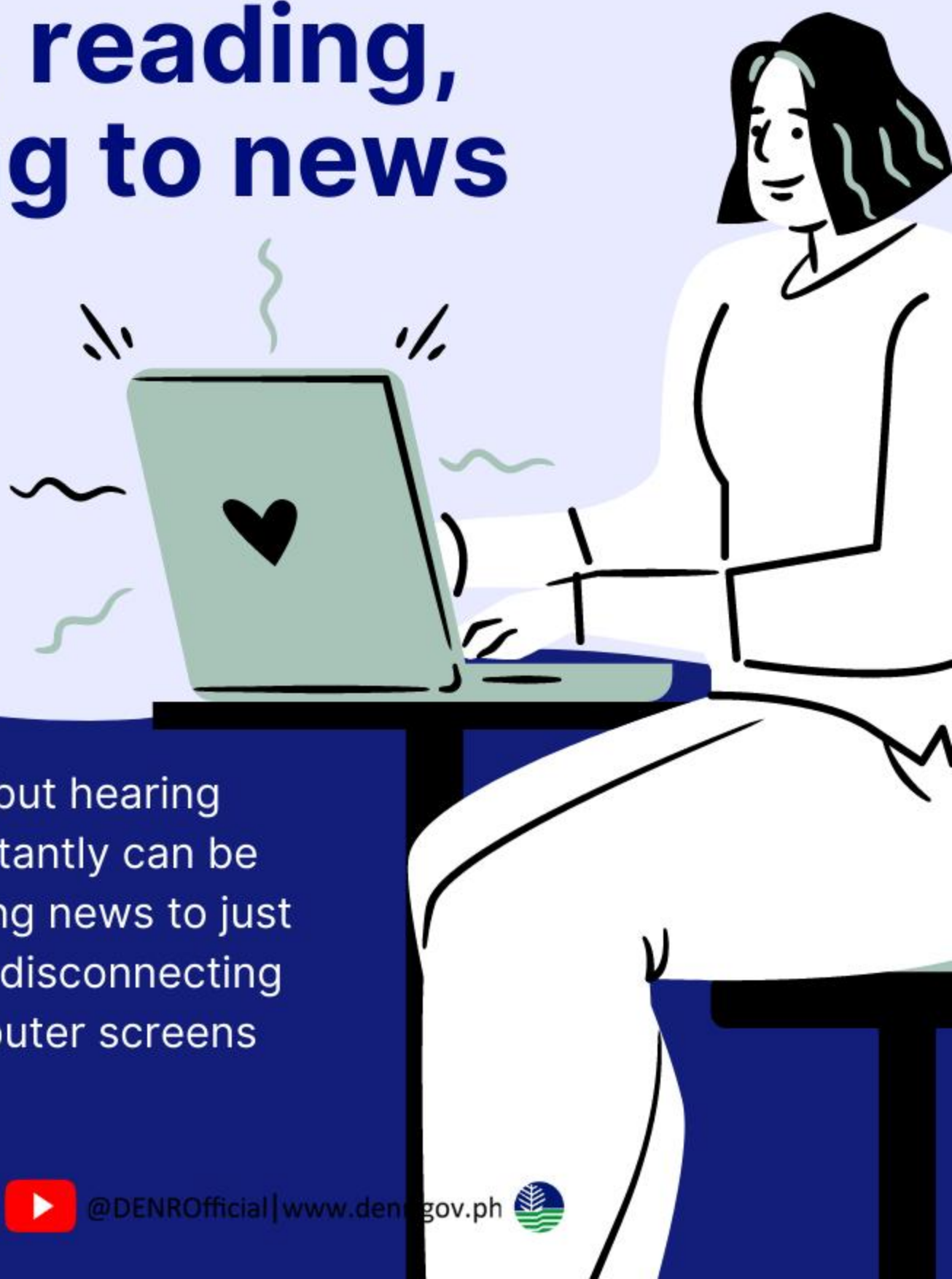
Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.



# Take breaks from watching, reading, or listening to news stories

Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

# Take care of your body

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- Take deep breaths, stretch or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.



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# Make time to undwind

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Try to do some other activities you enjoy. This can be reading books, watching movies, trying on new recipes, listen to your favorite playlist, or as simple as drinking a cup of tea.



# Connect with others

Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Talk with people you trust about your concerns and how you are feeling. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.



# Connect with your community- or faith-based organizations.

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While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

