

# Healthy Ways to Cope With COVID-19 Stress

## Know what to do if you are sick and are concerned about COVID-19.

Use the TargetCare COVID-19 hotline to speak to a trusted healthcare professional.

## Know where and how to get treatment for COVID-19.

TargetCare providers can answer COVID-19-related questions, offer education and advice, perform symptom triage, etc.

## Take care of your emotional health

Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

## Take care of your body

Take deep breaths, stretch or meditate

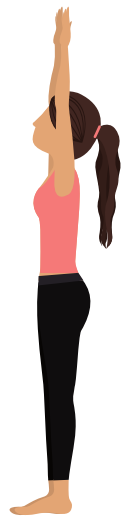
Try to eat healthy, well-balanced meals

Exercise regularly

Get plenty of sleep

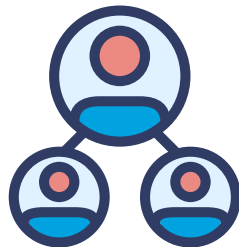
Avoid excessive alcohol use and drugs

Make time to unwind



## Connect with others

Talk with people you trust about your concerns and how you are feeling.



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

Including those on social media. Hearing about the pandemic repeatedly can be upsetting.



SOURCE: CDC.GOV