

THE OUTBREAK OF COVID19 MAY BE STRESSFUL FOR MANY PEOPLE

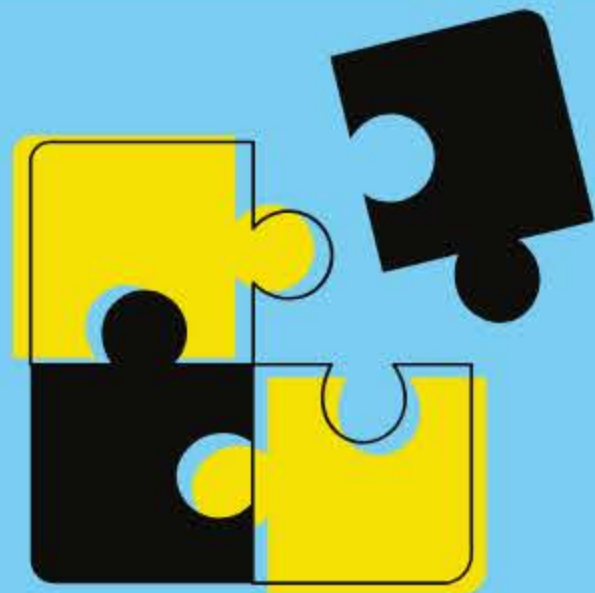
Things you can do to support yourself

TAKE BREAKS FROM WATCHING, READING, OR LISTENING TO NEWS STORIES, INCLUDING SOCIAL MEDIA. HEARING ABOUT THE PANDEMIC REPEATEDLY CAN BE UPSETTING.



TAKE CARE OF YOUR BODY. TAKE DEEP BREATHS, STRETCH, OR MEDITATE. TRY TO EAT HEALTHY, WELL-BALANCED MEALS, EXERCISE REGULARLY, GET PLENTY OF SLEEP, AND AVOID ALCOHOL AND DRUGS.

MAKE TIME TO UNWIND. TRY TO DO SOME OTHER ACTIVITIES YOU ENJOY.



CONNECT WITH OTHERS. TALK WITH PEOPLE YOU TRUST ABOUT YOUR CONCERNS AND HOW YOU ARE FEELING.

Our Behavioral Health Teams are here to help you cope with the stress, with realistic skills to care for yourself, your friends, and your family.



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