TIPS TO MANAGE COVID-19 STRESS

Focus On What You Can Control
Lifestyle choices including diet, exercise, following CDC recommendations, limit COVID news & social media

Have a "New" Daily Routine
Set up a new daily schedule for exercise, work, meals, fun activities, and virtual socialization

Physical Distancing Not Social
Maintain relationships with family & friends virtually and by phone

Mindfulness Activities
Try mindfulness activities to manage your stress including meditation, yoga, breathing exercises

SUPPORT RESOURCES

COVID-19 Support for Medical Professionals:
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/health-care-providers

Mindfulness & Meditation Apps- InsightTimer, Calm, Headspace

National Alliance on Mental Illness (NAMI)- https://nami.org/covid-19

SAMSHA (Substance Abuse Resources)- 800-662-HELP (4357)

National Suicide Prevention Hotline- (888)273-8255

National Domestic Violence Hotline- (800) 799-7233