

Coping with Stress and Fear from COVID-19



Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



Virtually 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 social media.



Make time to unwind.

Try to do some other activities you enjoy.

Help is available:
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**

