

Managing Stress

There are things you can do to help manage your stress



Take breaks from the news and social media. Be mindful of information overload.



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



Take care of your body. Try to eat well, be active indoors, get plenty of sleep and avoid alcohol and drugs.



Make time to unwind. Try to do some activities you enjoy.

**Local, professional mental health support is available.
Call Here 24/7 1-844-437-3247.**



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