



Taking Care of Your Emotional Wellbeing

During moments of high tension, it is normal to feel anxious, stressed, and worried.

Everyone reacts to stress in different ways. Your responses are normal and expected. These reactions may overwhelm us, create doubt, cause fear, increase sensitivity, etc.

During these times of worry and stress, it is important to take care of your emotional wellbeing.

Here are some recommendations to take care of yourself and to also share with loved ones.

Take care of your body:

- Eat a balanced diet and stay hydrated.
- Avoid or reduce the use of alcohol, tobacco, or other drugs.
- Get enough sleep.

Connect with other people:

- Voice your worries and feelings to friends and family.
- Call someone important to you. Video chat if possible.
- Remember we are all affected, and we are all in this together.

Avoid saturating yourself with information:

- It is important to stay up to date and just as important is to not overinform yourself.
- Read, listen, and watch what is needed to be informed, but do not oversaturate yourself by constantly watching the television, internet, or social media.
- We recommend that you put down your phone, stop reading about Covid-19, and stop watching the news at least one hour before going to bed.

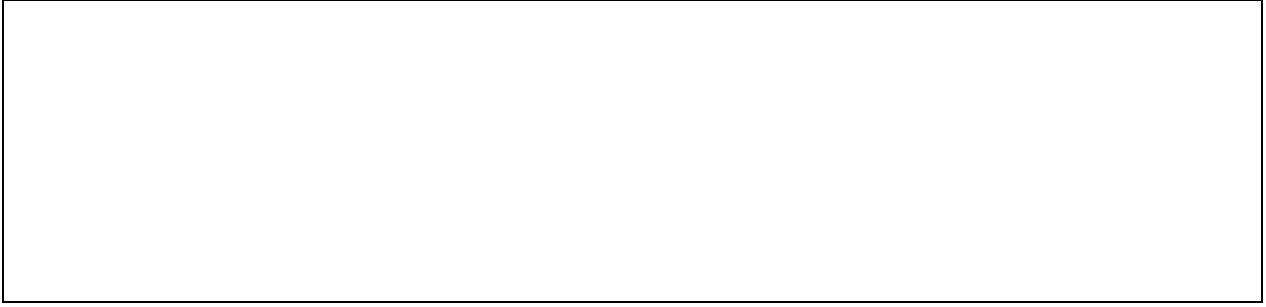
Take breaks:

- Take some time for yourself (5 minutes).
- Remember your worries and stress are not permanent.
- Take some slow deep breaths.
- Try to engage in activities that frequently bring you happiness.

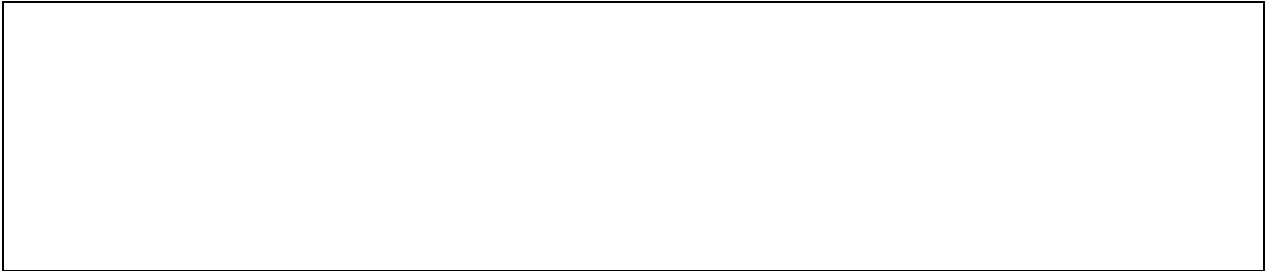
Activities to relax:

Watch Movies	Draw/Color	Watch Funny Videos on YouTube/Television
Talk	Cook	Dance
Meditate (Look up videos on YouTube)	Watch Motivational Videos	Go on a Walk
Spend some time in the sunlight	Clean	Workout

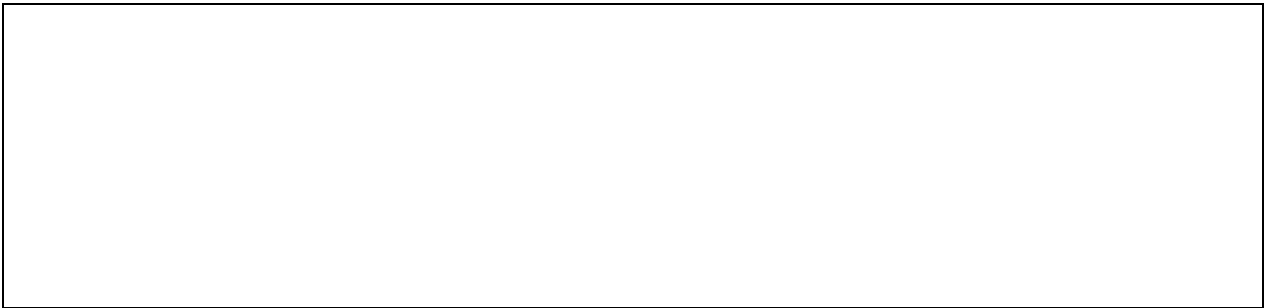
What is out of my control?

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What is within my control?

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What will I do for my wellbeing this week?

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