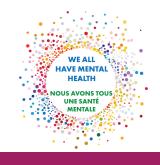
FEELINGS OF STRESS AND ANXIETY ARE NORMAL DURING COVID-19



Stay connected.

Play a virtual game, check in on a neighbour, have a video conference.

Be active & take care of yourself. Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family & loved ones.



Learn something new. Try a new hobby or take an on-line course.



Help someone else.

Doing good can
feel good.



Reach out for help.
Talk to someone
you trust or seek
professional
support.



