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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