5 Actions To Reduce Stress During the COVID-19 Pandemic

BE SAFE
Use healthy strategies to protect ourselves and vulnerable people.

CREATE CALM
Recognize when you need to take breaks and do something calming and enjoyable.

STAY CONNECTED
Connect and support one another by phone and virtual means.

BUILD A "CAN DO" SPIRIT
Create routine and take tangible steps every day to reduce risks and build a sense of competence.

MAINTAIN HOPE
Remember that even though it's hard, we are in this together and have many strengths as a community.

For more tips and local resources, see www.helphappenshere.org/coronavirus

▶ **Community Mental Health** and Wellness Coalition