

# Coping with Stress and Fear from COVID-19



## Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



## Virtually connect with others.

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



Take breaks from watching, reading, or listening to news stories, including social media.



## Make time to unwind.

Try to do some other activities you enjoy.

Help is available:  
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**

