



# Managing COVID-19 Stress

Tips on looking  
after yourself

# Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO



# Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO





# Make time to unwind.

Use a few minutes of your day  
to do something you enjoy.

Source: WHO



Source: WHO

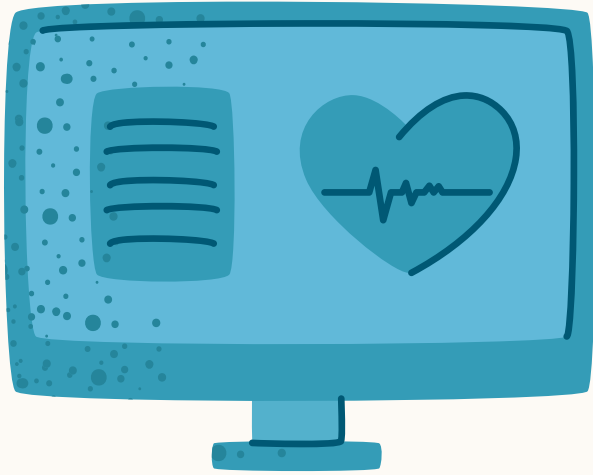
# Connect with others.

Talk to people you trust about your concerns and how you're feeling.

**The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.**

Source: WHO





# Connect with us.

40/\$40 PROGRAM

Online counseling is now available. No waitlist, no hidden fees. 40 minutes of video counseling for \$40 per session with a Licensed Mental Health Professional.

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