

Coping with Stress and Isolation

Care for your mind and body.

Eat healthy, balanced meals and exercise in ways that make you feel good. Get plenty of sleep. Avoid drugs and alcohol.

Take a break.

Take frequent breaks from news outlets, including radio, television, and social media.

Engage in other activities you enjoy.

Stay connected to friends and family.

Use virtual communication to stay in contact with loved ones. Communicate your feelings to others.

Know when to seek help.

If you or a loved one experience extreme distress, call the National Suicide Prevention Lifeline immediately at **1-800-273-TALK.**

