Dealing With Stress During the Covid-19 Outbreak

It’s normal to feel sad, stressed, confused, scared or angry during a crisis.

If you feel overwhelmed, talk to a health professional, social worker, or a similar professional, or another trusted person in your community.

Talk to people you can trust.
Contact your friends and family.

Have a plan where to go and seek help for physical and mental health.

Stay at home, maintain a healthy lifestyle.

Get true facts about your risk and how to take precautions from credible sources.

Keep in touch with family and friends through email, phone calls and make use of social media platforms.

Decrease the time you and your family watch or listen to upsetting media coverage.

Don’t use cigarettes, alcohol or other drugs to cope with your emotions.

Draw on skills you have used in the past during difficult times to manage your emotions during the outbreak.