

# Tips for Managing Stress During the COVID-19 Pandemic:



- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

## ADDITIONAL RESOURCES

Disaster Distress Helpline:

**1-800-985-5990**

National Suicide Prevention Lifeline:

**1-800-273-TALK (1-800-273-8255)**

# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |  
info@samhsa.hhs.gov | <https://store.samhsa.gov>

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# Stress Reduction Techniques:



Tai Chi or Yoga



Exercise



Meditation



Deep Breathing



Write About What  
You Are Thankful For



Take a Nap



Play With a Pet



Aromatherapy



Listen to Music



Take a Walk