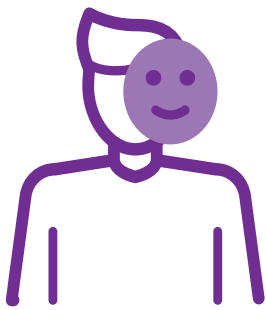
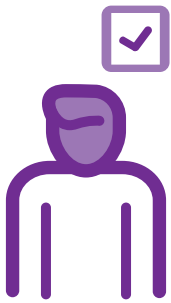


COVID-19 fears: Ways to stay CALM



C Use coping skills

Give yourself positive messages like, "I can," rather than negative messages like, "What if...?" Distract yourself with enjoyable activities like reading, taking walks, watching favorite TV shows, calling friends and practicing yoga or other relaxation techniques.



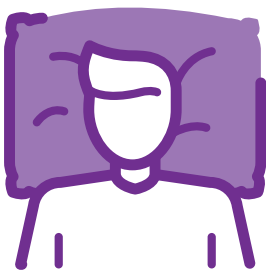
A Be aware (but not obsessed)

Stay informed but limit how much news you watch. The "info-demic" of too much information can create high anxiety.



L Learn from reliable resources

Social media is not where you want to get your COVID-19 information. Go to the Centers for Disease Control and Prevention or World Health Organization websites for dependable data.



M Monitor yourself

Eat well, be sure to get enough sleep and exercise regularly to help control stress. Remember to take care of yourself.

