Managing COVID-19 Stress
How to care for yourself so you can care for others.

- Take breaks for yourself
- Be kind and gentle with yourself during these turbulent times
- Listen to Relaxation Exercise recordings to help you return to daily activities feeling refreshed and re-energized.
- Practice gratitude towards yourself and schedule time to reach inwards, even if only for a few minutes.
- Be kind and gentle with yourself during these turbulent times.
- Children’s behavior mirrors yours. Being patient with yourself will help them as well. When everything is chaotic outside, let’s hold on to the love inside.
- Know that you are doing enough
- It’s okay to seek support

Text "TALK" or "HABLAR" to 5-5-2-0-2-0 for support with COVID-19 related stress, and within 24 hours you will receive a call from a counselor employed by a local community mental health center.

INTERACTIVE
Click on boxes below to access more self-care resources