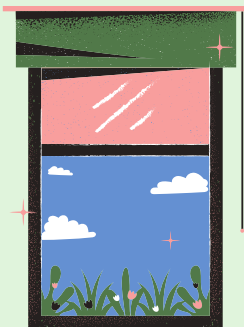


# Managing COVID-19 Stress

How to care for yourself so you can care for others.

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

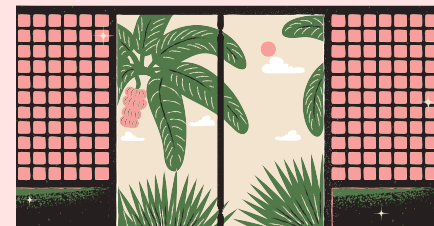


Listen to Relaxation Exercise recordings to help you return to daily activities feeling refreshed and re-energized.

Take breaks for yourself



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

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.



It's okay to seek support

