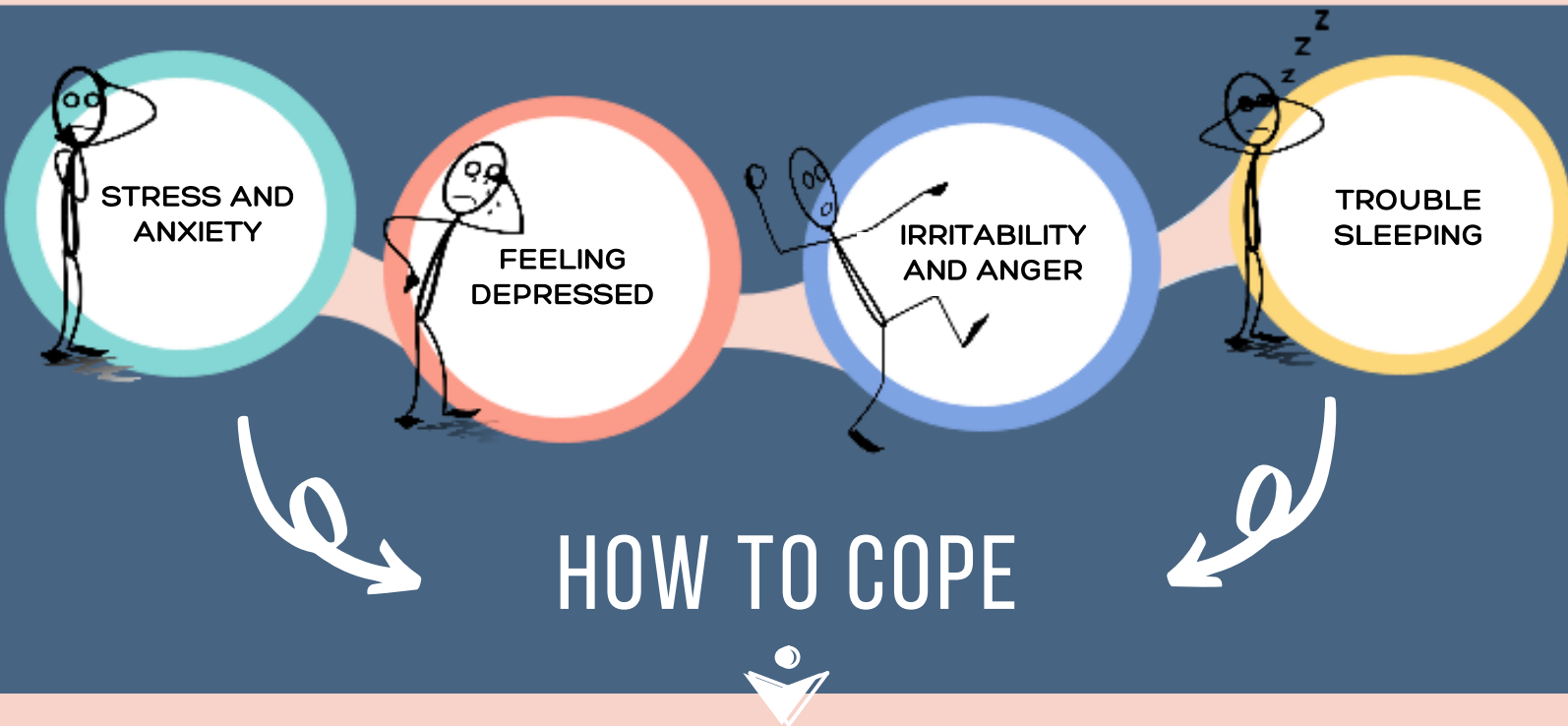


COVID-19 - POSSIBLE AND NORMAL RESPONSES



SELF-CARE



CHANGE YOUR MIND

Find things to do to avoid spending your time worrying (e.g. taking part in an activity, playing a game).



STAY IN TOUCH

Call your loved ones, or ask to make a video call. Talk with your case manager and health care professionals.



ENGAGE IN PHYSICAL ACTIVITY

Practicing 30 minutes of daily exercise helps with emotion regulation and stress relief.



HAVE A GOOD SLEEP HYGIENE

It is important to maintain good sleep habits. Make sure you get between seven and nine hours of sleep daily!