

# Coping with stress during the **COVID-19** outbreak



**It is normal** to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



**Be aware that not everything you hear about the virus may be true.**

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



**Limit worry and agitation** by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



**Draw on skills you have used in the past** that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.



**If you must stay at home**, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



**Deal with any emotions you may have in a healthy manner.**

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.