

Managing Yourself and COVID-19 Stress

■ By: ARWACHIN INTERNATIONAL SCHOOL



Take a break from the news.

Information overload can be upsetting.
Make an effort to switch off your screens
or the television once in a while.



Take care of your body.



Meditate, eat well-balanced meals, take deep breaths, and exercise.



Aside from staying safe, ensure that you are taking steps to keep yourself healthy.



Make time to unwind.

Use a few minutes of your day
to do something you enjoy.

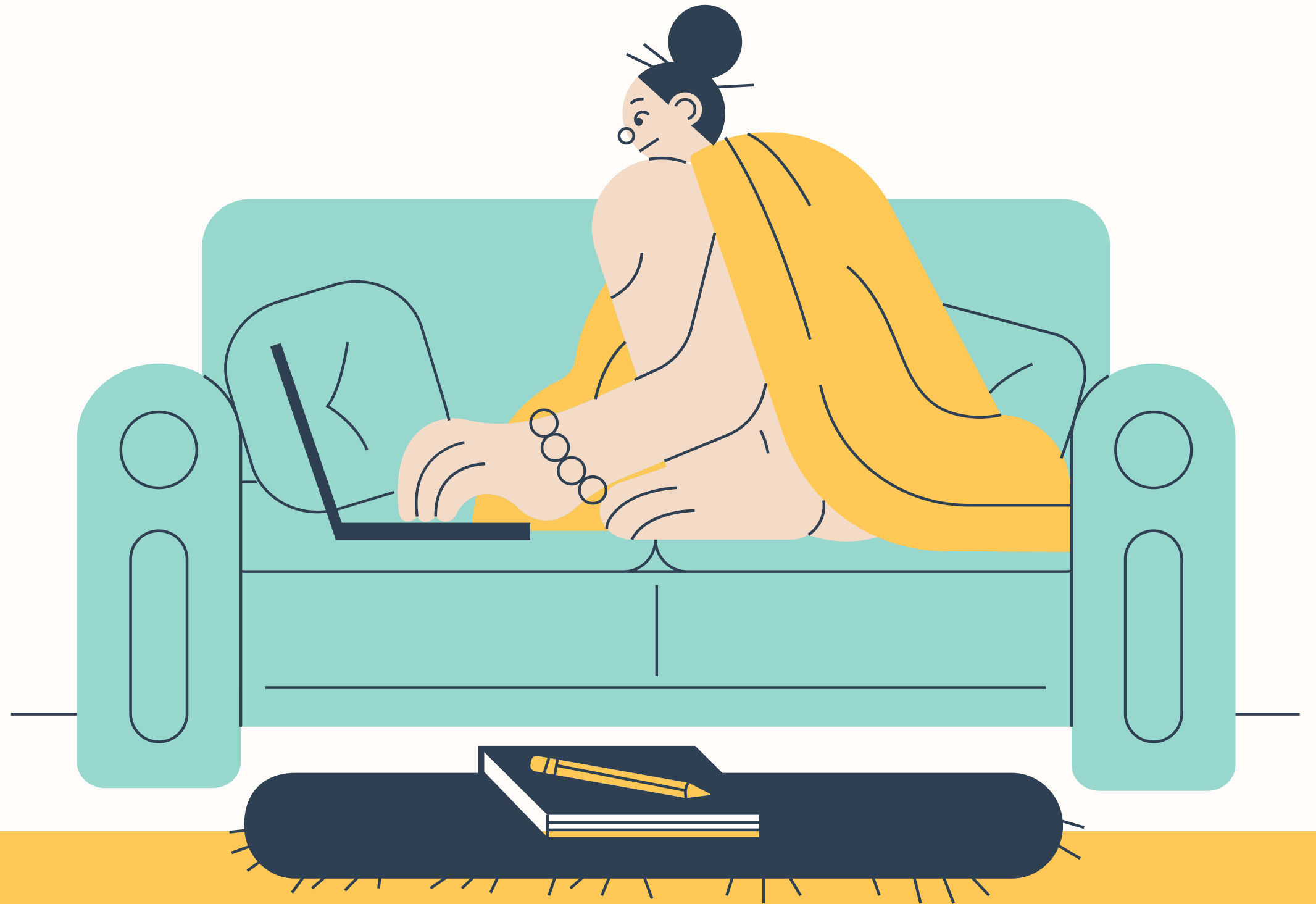
Especially if you are working at
home, take a short break to rest
your eyes and your mind.

Connect with others.

Talk to people you trust about your concerns and how you're feeling.

Check on your loved ones too. It's would be nice to know that you're not going through a stressful time alone.

Source: Centers for Disease Control and Prevention



Aside from looking after ourselves, it's important to be aware of the real risks of the virus and how we can protect ourselves and our loved ones.

Source: Centers for Disease Control and Prevention





Plan and prepare.

- Get the recent information about local Covid-19 activity from public officials and departments.
- Create a list of important organizations and providers your household can call in case of emergencies.
- Choose a designated room that can be used to separate family members who are sick or under monitoring.



04

Cover your cough or sneeze with a tissue then throw the tissue in the trash.

05

Clean and disinfect frequently touched objects and surfaces.

06

Stay indoors as much as you can, and wear a face mask if ever you need to go outside.



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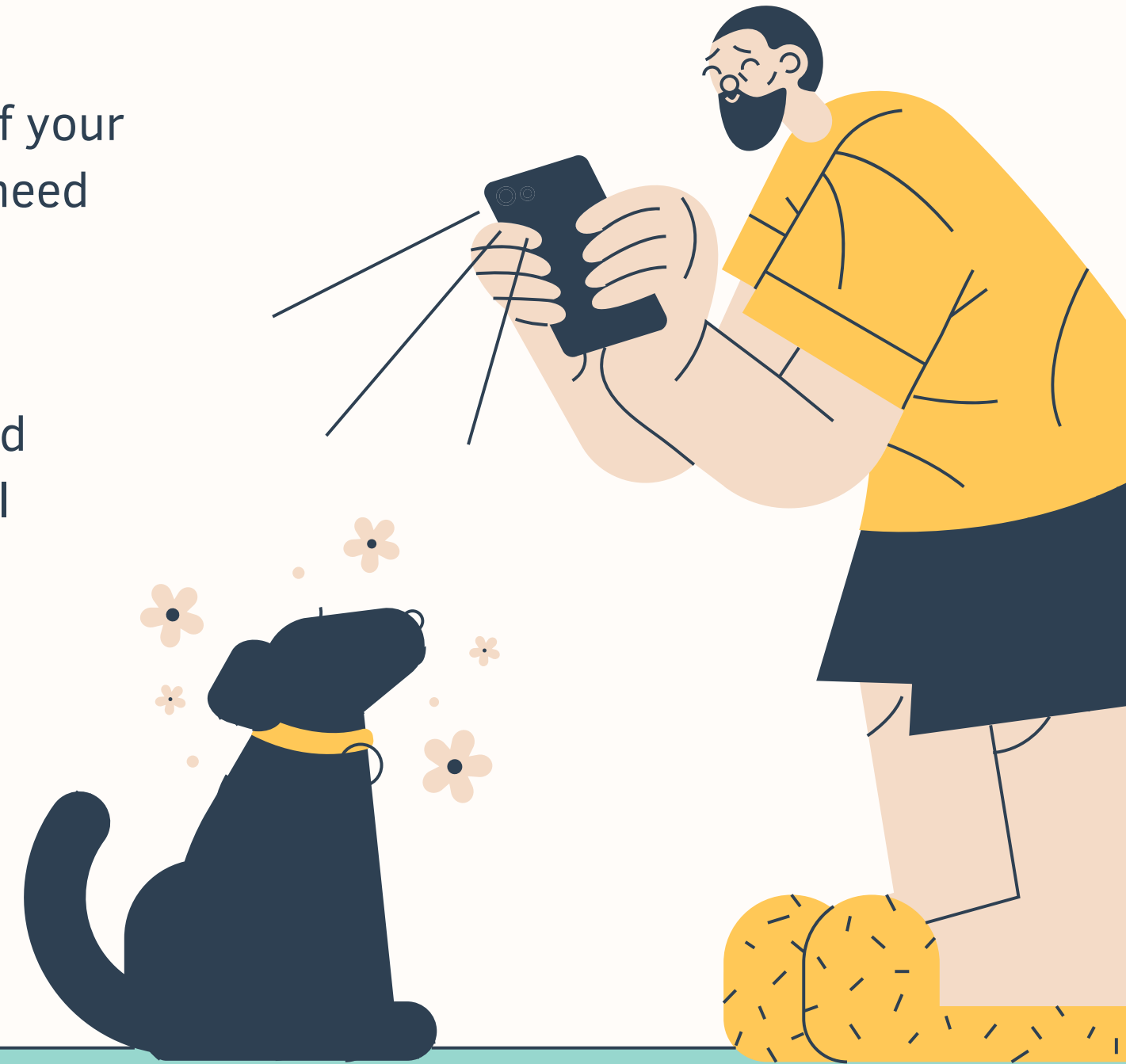
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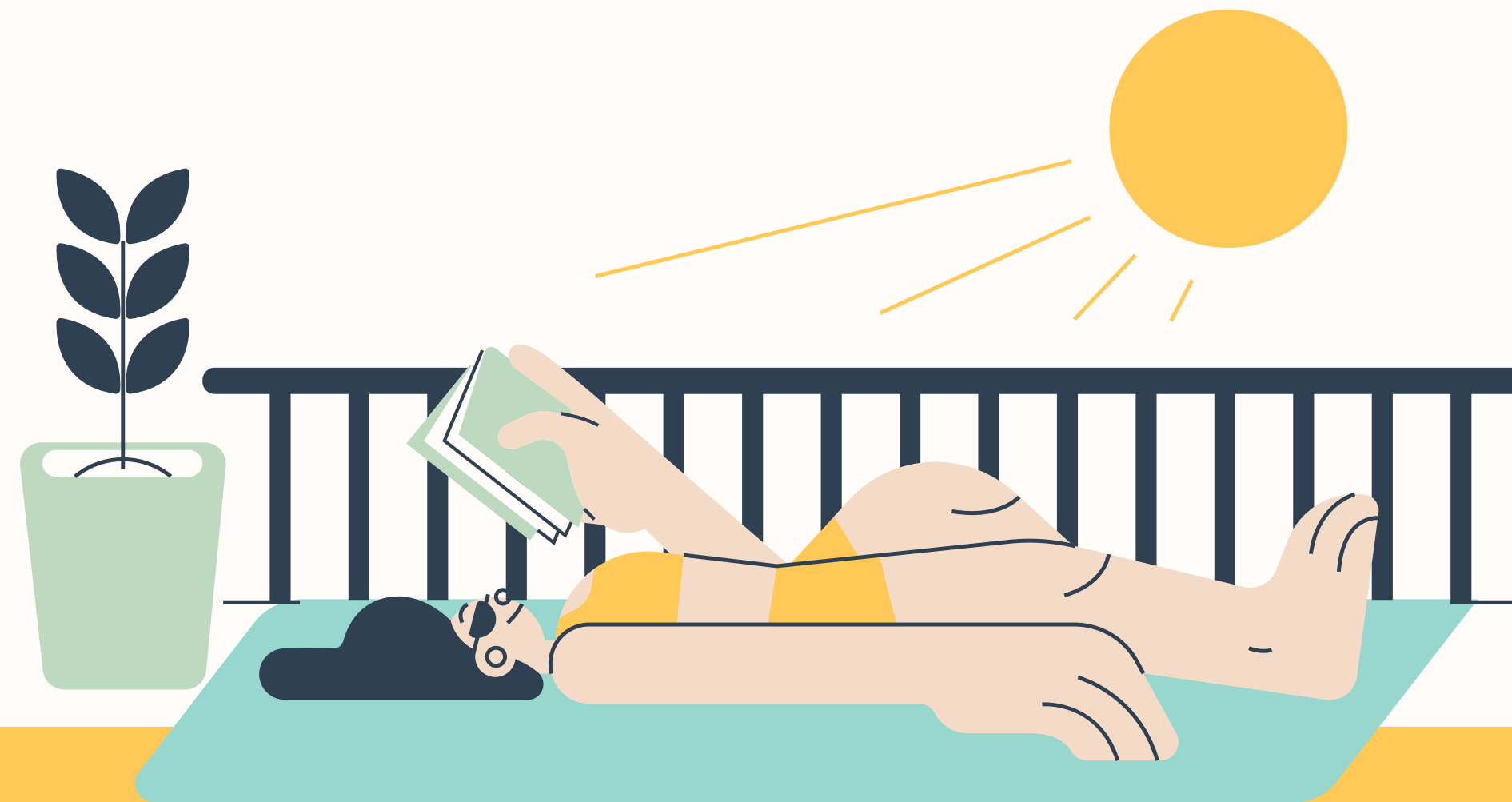
Stay in touch

- Stay informed about the local outbreak situation.
- If you live alone, ask family, friends, and health care providers to check on you during the outbreak.
- Notify your work or school if your schedule or arrangements need to change.
- Stay in touch with family and friends with chronic medical conditions as well.



Take care of your household's emotional health.

- Outbreaks are stressful for both adults and children. Children may respond differently to stressful situations.
- Talk with your children and answer their questions.
- Let them voice out their fears or worries.
- Practice meditation as a whole unit.





**The situation may
be overwhelming,
but coping with stress
will make you, the people
you care about, and your
community stronger.**