

HOW TO COPE WITH STRESS IN A PANDEMIC?



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Learn to unplug

While being in the know is important, excessive consumption of information can drive up your fears. Take breaks from reading and watching news to spend time on your favorite activities. Make sure to breathe deeply, relax and remind yourself that negative feelings will pass



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Get enough sleep

While there's still a lot to learn about the new coronavirus, prior research has shown that well-rested people are better at fending off viruses. Good sleep also has a positive effect on your emotions and helps reduce anxiety



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Exercise and eat well

Daily exercise can boost your immunity and help promote feelings of well-being. A healthy diet rich in fruits, vegetables, lean protein and whole grains helps reduce symptoms of depression and anxiety



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Wash your hands and sneeze into your elbow

When a viral infection hits, we cannot sterilize our entire environment, but adopting a few useful habits will help protect ourselves and others and relieve anxiety as a result



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