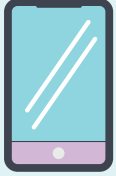


# Coping with stress during COVID-19



Stay connected and maintain your social networks. While isolated, try as much as possible to keep your daily routine or create new routines.

While staying at home, maintain a healthy lifestyle with a proper diet, sleep, and exercise. Maintain social contact with family and friends from home by email, phone, and video chats.



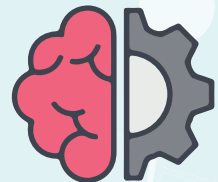
If you feel overwhelmed, talk to a health worker or counsellor, and seek help for physical and mental health needs.

Get the facts from sources you can trust such as Public Health Agency of Canada and Public Health Sudbury & Districts.



Lessen the time you and your family spend watching or listening to media coverage that might be upsetting.

Draw on skills you have used in the past to help you manage your emotions during this challenging time.



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