Managing Stress During COVID-19

Sodexo Health & Well-being 2020
Tips to Reduce Stress

- Talk to people daily that you trust
- Contact a health worker or counselor if feeling overwhelmed and need help creating a new temporary normal
- Maintain a healthy lifestyle while at home
  - Eat a healthy diet
  - Sleep 7-9 hours
  - Exercise daily
  - Socialize via video conferencing
Tips to Reduce Stress

- Limit worry by reducing the time you spend on social media and news coverage
- Tap into skills that have helped you manage previous adversities
- Don’t use smoking and alcohol or other drugs to deal with your emotions
- Set a new temporary routine and schedule for yourself and children

Click here for more stress relief tips
Tips to Reduce Social Isolation

- FaceTime or video conference friends and family daily
- Instead of conference calls use Skype video conferencing with your colleagues
- Get outside for at least 30 minutes every day. Vitamin D can help your mood