

STRESS AND COPING



The outbreak of Coronavirus (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Things you can do to support yourself:



Take breaks from watching, listening to or reading news stories and from social media.



Take care of your body. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid drugs and alcohol.



Take deep breaths, stretch or meditate.



Find activities you enjoy at home: write a letter, journal, listen to music, play games as a family, look through old photos, organize and declutter, etc.



Connect with others. Talk to people you trust about your concerns and feelings.

If you are a domestic violence survivor and need non-emergency support, call us at 617-409-5425.