Managing COVID-19 Stress

Tips on looking after yourself

Pan Caribbean Partnership against HIV and AIDS (PANCAP)
Take a break from the news.

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

Source: WHO
Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO
Make time to unwind.

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

Source: WHO
Connect with others.

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

Source: WHO

Pan Caribbean Partnership against HIV and AIDS (PANCAP)
The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO