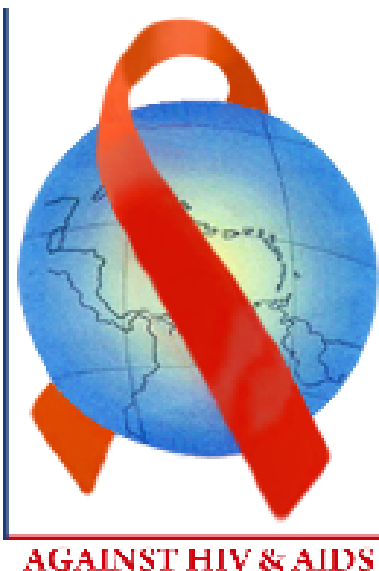# Managing COVID-19 Stress

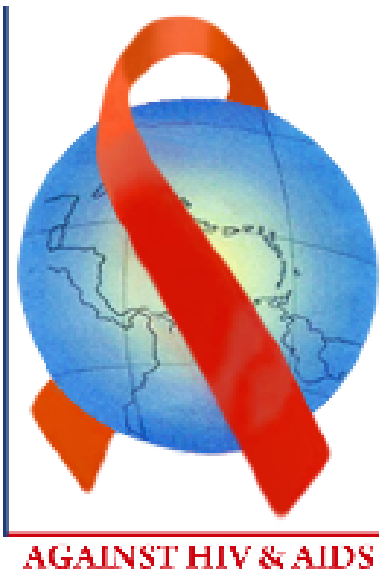## Tips on looking after yourself

Literature

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

Pan Caribbean Partnership against HIV and AIDS (PANCAP)

Source: WHO

Connect with others.

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

The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO