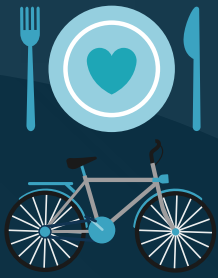


Coping with Stress During the Coronavirus Outbreak



It is important that if you have to remain at home that you maintain a healthy lifestyle. Focus on having a proper and balanced diet, sufficient sleep, exercise and social interactions through phone and email with your loved ones.



It is okay to feel confused, stressed or scared during a crisis. Talking to others and maintaining regular contact with family, friends and colleagues can help.



Draw on skills you have applied before the crisis that have assisted you to manage life's adversities. Use these strategies to help you to manage your emotions during this outbreak.



Get the facts. Obtain information that will assist you to accurately determine your risk so that you can take reasonable precautions.



If you feel overwhelmed, talk to a health professional or counselor. Don't use smoking, alcohol or other drugs to deal with your emotions. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Limit your worry by reducing the time you spend watching television or listening to media coverage that you view as upsetting.