

# 6 TIPS FOR COPING WITH PANDEMIC STRESS

## 01

Work on a self-care plan that is realistic for you. A realistic plan is one you can commit to and is tailored to your needs.

## 02

Maintain meaningful connections with family, friends, or other social support.

## 03

Avoid too much news consumption.

## 04

Acknowledge and name the negative feelings you have around the pandemic.

## 05

Identify someone (a professional or a friend) that you can talk to and lean on.

## 06

Remain hopeful. We are all in this together.