

# Managing COVID-19 Stress

Tips on looking  
after yourself



# 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



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



# Canton Parks & Recreation

Our department will continue to provide activities, resources and information to help families stay active and have fun at home.

Please continue to check **CantonRec.org** for updates.

