



Keeping Yourself Healthy During Uncertain Times

Take Care of Yourself and Your Body During Uncertain Times:

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Avoid alcohol and drugs
- Make time to unwind and remind yourself that strong feelings will fade
- Try to do some other activities you enjoy
- Maintain healthy relationships at a safe distance
- Maintain a sense of hope and positive thinking.
- Avoid excessive exposure to media coverage of COVID-19

Reference: Mental Health and Coping During COVID-19;

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>