

How to Cope with Anxiety and Fear During the **COVID-19** Pandemic



Stress weakens the immune system and makes us more susceptible to illness.

Ideas to reduce stress:



1

Limit consumption of news coverage on social media or TV to **20-30 minutes** a day



2

Keep busy at home

- spring cleaning
- do a puzzle
- play a boardgame
- read a book
- watch a movie or TV series



3



Learn something new

- another language or sign language
- drawing or painting
- knitting or sewing
- cooking + baking



4



Facetime or **Skype** a friend or family member every day. Share a cup of coffee or a glass of wine!

5

Stay healthy

- Take precautions set out by the CDC and WHO
- wash your hands
- don't touch your face
- eat healthy
- exercise
- sleep (7-9 hours a day)
- social distance (keep 2 metres away)



VAUGHAN
FITNESS
find your **strong**