



TIPS FOR MANAGING STRESS

When disasters or traumatic events occur, it's normal to experience a variety of reactions - including an increase in anxiety. Below are a few suggestions to help you manage stress when the unexpected happens:



TAKE CARE OF YOURSELF

Eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Take deep breaths, stretch or meditate. Avoid drugs and alcohol.

TAKE A BREAK

Make time to unwind. Try to do activities you enjoy. If the news is causing too much stress, take a break from listening or watching.



CONNECT WITH OTHERS

Maintain contact with co-workers, friends and others through technology - or meet in small groups, if it's appropriate in your area.

CONTINUE TREATMENTS

People with preexisting mental health conditions should continue with their treatments and monitor new or worsening symptoms.

