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.