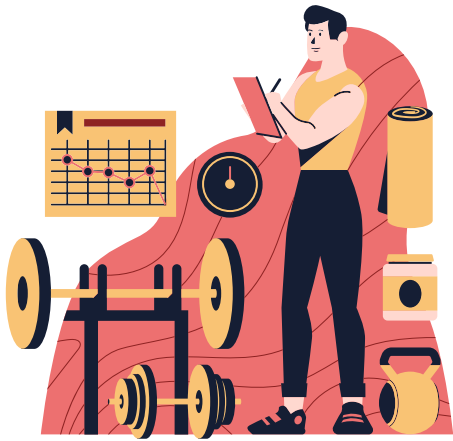


Managing Stress

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.



Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Take care of your body

Take time to unwind

Use a few minutes of your day to do something you enjoy.



Talk to people you trust about your concerns and how you are feeling.

Connect with others

The situation may be overwhelming, but coping with stress will make you, the people you care about, and the community stronger