Ways to Support Your Wellbeing

- **Only Consume What You Can Handle:** Newsfeeds and social media are flooded with information about COVID-19. Limit your exposure to this information if you find yourself feeling overwhelmed by it.

- **Avoid Speculation and Stick to Facts:** Make sure the information that you are getting is from credible health sites.

- **Structure:** Having a routine in place helps create a sense of normalcy.

- **Eat Well-balanced Meals:** Do what you can to stay hydrated and eat regular meals instead of mindless snacking.

- **Exercise:** Regular exercise helps to reduce stress and anxiety by releasing endorphins so find an exercise that you like and get moving (e.g., yoga, dance, walking, jogging, etc.).

- **Limit Caffeine:** Caffeine intake worsens anxiety. Stay hydrated with water!

- **Stay Connected:** Social distancing can cause you to feel isolated so find ways to connect with people (e.g., phone calls, FaceTime, etc.)

- **Talk about Your Feelings:** Anxiety is a realistic part of life and many people experience this. Talk to others about how you are feeling. Many people are struggling to cope with the effects of the COVID-19 pandemic on their lives. You are not alone.

- **Laugh:** Laughter helps relieve tension by relaxing your muscles.

- **Look for the Good:** Even during challenging times, there is beauty. Remind yourself of the good – whether it’s listening to Italians sing from their balconies, reconnecting with people (virtually), taking time to journal, or starting a new project or hobby.