5 Actions To Reduce Stress During the COVID-19 Pandemic

**BE SAFE**
Use healthy strategies to protect ourselves and vulnerable people.

**CREATE CALM**
Recognize when you need to take breaks and do something calming and enjoyable.

**STAY CONNECTED**
Connect and support one another by phone and virtual means.

**BUILD A “CAN DO” SPIRIT**
Create routine and take tangible steps every day to reduce risks and build a sense of competence.

**MAINTAIN HOPE**
Remember that even though it's hard, we are in this together and have many strengths as a community.

For more tips and local resources, see www.helphappenshere.org/coronavirus

 Cômmunity Mental Health and Wellness Coalition