WAYS TO SUPPORT YOURSELF

Take a Break from Media
People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media. Take breaks from watching, reading, or listening to news stories. Instead, listen to your favorite music or read a book to take your mind off of the situation.

Take Care of Your Body
Create a menu of personal self-care activities that you enjoy, such as exercising or meditating. Take deep breaths or stretch. Use your time off to relax—eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. This is an experience that few of us have had before, but strategies you have used before can continue to benefit you now.

Take Care of Your Mind
Connect with others and keep healthy relationships. Share your concerns and how you are feeling with a co-worker, friend, or family member. Maintain a sense of hope and positive thinking and remind yourself that these strong feelings will fade.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for people as you did before the outbreak.

SAMHSA’s Disaster Distress Helpline Toll-Free: 1-800-985-5990 (English and Español) or TEXT: “TalkWithUs” to 66746

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Learn more: CDC.gov/coronavirus