



BREATHE. BATTLE. BELIEVE.

Handling emotions during Covid-19

FEAR THRIVES ON UNCERTAINTY

- Recognize the things that you can control.
- Take preventative measures. Plan for a "lockdown".



QUALITY NOT QUANTITY

Receive info from legitimate news sources.

FIND MORE INFO AT
WWW.CDC.GOV/COVID19

SUPPORT OTHERS

- Be there
- Check in by text/phone
- Listen



TAKE CARE OF YOUR BODY

- Get plenty of sleep.
- Unplug from continuous media.
- Exercise for healthy distraction.



"The storm is an artist; the rainbow is its masterpiece."
-Matshona Dhiwayo

BROUGHT
TO
YOU
BY:

