



Trust the Science!
ALABAMA EXTENSION

Coping with Stress and COVID-19

COVID-19 has changed us.

To stop the spread of COVID-19, we have stopped seeing as many people.

This can make us feel sad and cause more stress.

You can learn good ways to cope with stress.

Stress can cause

- Fear, anger, sadness, worry, and lack of feelings
- Changes in energy and eating
- Changes in thinking
- Changes in sleeping
- Body pains, headaches, stomach problems, and skin rashes
- Drug or alcohol use

It is common to feel stress during this time of COVID-19.

Good Ways to Cope with Stress

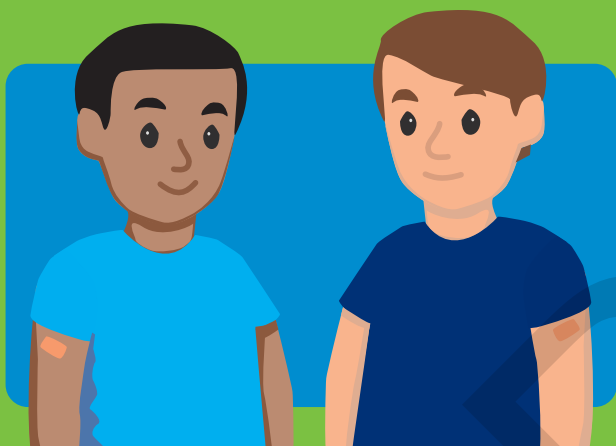
- Turn off the phone, TV, and computer for a while.
- Take breaks from news stories.
- Take breaks from social media.
- Take care of your body.
- Take deep breaths.
- Relax.
- Try to eat better.
- Work out daily.
- Get lots of sleep.
- Avoid too much substance use.
- Go to the doctor on time.
- Do things you enjoy.

Talk with people you trust.

Help Others Cope

- You can take care of others when you take better care of yourself.
- During COVID-19, stay in touch with friends and family.
- You will feel better about yourself by helping others.

Get the **COVID-19** shot, so we can all get back together again.

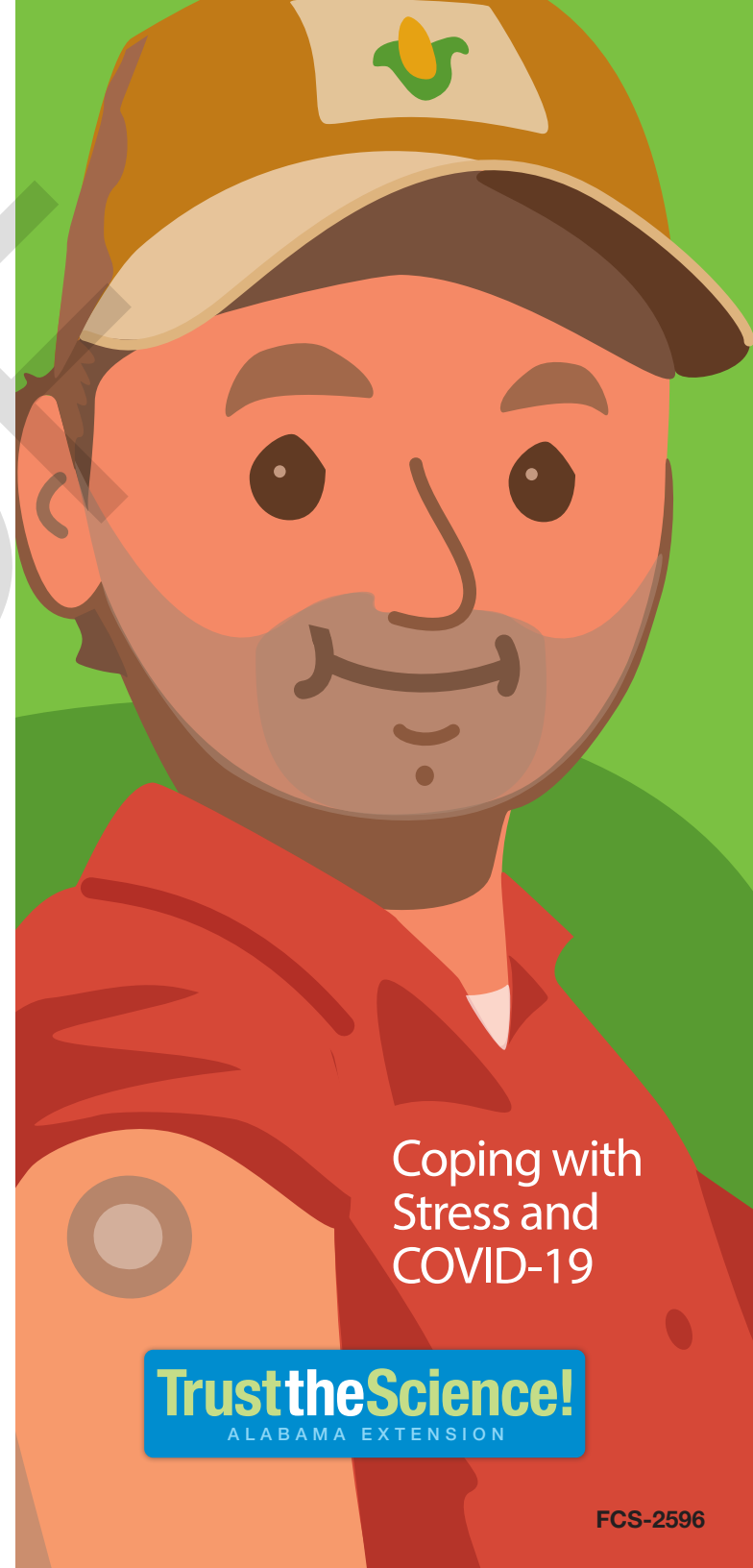


For more information, visit:

www.alabamaready.info

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