

# Tips for Managing Stress During the COVID-19 Pandemic

- ✓ **Acknowledge** that increased stress is normal.
- ✓ **Take a break from media** coverage of COVID-19.
- ✓ **Take care of your body.** Take deep breaths, eat healthy, stay hydrated, exercise regularly, and get plenty of sleep.
- ✓ **Make time to unwind.** Do activities you enjoy.
- ✓ **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

## It's Important to Remember...

- It is not selfish to take breaks.
- Your own well-being is just as important as your patients.
- Working constantly does not make Virginia safer.
- There are other people who can help in the response.

## It's Okay To Seek Help

If you or someone you know is struggling, there is **FREE** and **CONFIDENTIAL** help available 24/7 specifically for emergency responders:

**CALL**

**1-888-731-3473**

Fire/EMS Helpline



**TEXT**

**“BADGE” to 741741**

Crisis Text Line