**Health TP** — HEALTH TRANSIT POOL OF OHIO

**HYLANT**

# News

## Coping with Stress and Fear from COVID-19

### Take care of your body.

- Eat Healthy, Well-Balanced Meals
- Exercise Regularly
- Get Plenty of Sleep
- Take deep breath, or meditate

**Take breaks** from watching, reading or listening to news stories, including social media.

TIME OUT

**Make time to unwind.** Try some other activities you enjoy.

www.healthtp.org

**Connect** f in