

Easy Techniques for Stress Relief

For yourself

- Avoid excessive exposure to media coverage.
- Add extra time for daily stress relief.
- Focus on your mental health.

For kids

- Reassure them that they are safe.
- Let them talk about their worries.
- Share your coping skills.
- Create a routine and structure.

For quarantine or isolation

- Keep in contact with your loved ones via social media, texts and phone calls.
- Keep yourself busy.
- Learn new relaxation techniques.

