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.