

9 easy ways to manage stress

Don't let the stress of the coronavirus and COVID-19 take over your life! Here are some stress busters you can do right in your own home. Try to do one (or a few!) of these things to start feeling better:



Connect with friends

Meeting up with other people (including online!) can help reduce symptoms of stress and increase feelings of happiness.



Meditation

Meditation, such as mindfulness, is a proven way to help reduce stress.



Deep breathing

Slow, deep breaths can calm the body's stress response and help you relax.



Playing with pet

Walking the dog or petting an animal companion may calm you.



Yoga

Practicing yoga can help the body relax. Try using yoga videos at home or attending a local class.



Listen to music

Music helps the body cope with stress. Listen to music that makes you feel happy or relaxed.



Read a book

Escape to another world and take your mind off the day with a favorite book.



Exercise

Regular exercise has many benefits, including improving your mental health and managing stress.



Massage

A massage not only feels good, but it can help reduce stress and muscle tension.