

*Keep in touch*  
with family  
and friends

Stay in contact via phone, email and social media, especially if you are self-isolating.



*Maintain*  
a healthy lifestyle

Continue to exercise, eat well and get adequate sleep every night.

*Avoid*  
unhealthy coping  
strategies

Don't use alcohol, smoking and other drugs to deal with your emotions.



# Coping With Stress

DURING THE

# CORONAVIRUS OUTBREAK



*Limit exposure*  
to upsetting media  
coverage

Exposing yourself to a constant stream of negative information can take a toll on your mental health.

*Get the Facts*  
and maintain  
perspective

Find accurate information from sites such as [australia.gov.au](http://australia.gov.au) and avoid making assumptions.



*Seek Support*  
and find counselling  
if you need it

Seek help if you need it. Visit [beyondblue.org.au](http://beyondblue.org.au) for more information and advice.

