What can I do if I’m feeling stressed or anxious?

- **Plan ahead.** Make sure you have adequate supplies at home and plans for childcare and working from home, if that is what you are doing.

- **Establish routines and schedules.** Do you have kids who are home from school? Consider drawing up and posting a daily schedule, with times for learning, play, exercise, chores and other items.

- **Practice mindfulness by focusing on things within your control,** such as your daily routine, and things in your life that are positive, such as family or friends.

- **Exercise.** Take walks and get fresh air. Build this into your daily schedule at regular intervals.

- **Incorporate joy into your schedule too!** Play with your kids or a pet. Listen to music. Watch a funny movie.

- **Eat a healthy diet.**

- **Limit media exposure** and stay informed with trusted sources.

- **Get adequate sleep** and limit screen time before bed.

- **Remember it’s normal to feel anxious during stressful times.** Be kind to yourself. It’s important to take care of yourself so you can help take care of others.

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**Accessing care**

Are you or a loved one struggling to manage stress, anxiety or depression? We are here to help. Please call us.

1-800-932-0359

Call Philhaven’s Open Access phone line to be connected immediately to behavioral health resources, support and brief intervention.

(717) 812-5405

**Resources:** WellSpanPhilhaven.org/CoronavirusMentalHealth