

## Tips to Reduce Covid-19 Anxiety

1. Connect with family and friends through calls/texts/internet.



2. Control how often you check the latest news.



3. Focus on things you can control such as thoughts, behaviours and hygiene procedures.



4. Keep a healthy lifestyle: Proper diet, exercise and sleep.



5. Avoid excessive alcohol use. Remember the negative impact of alcohol and drugs on your mental health



6. Practice self-care: go for a walk, Mindfulness/talking to friends

