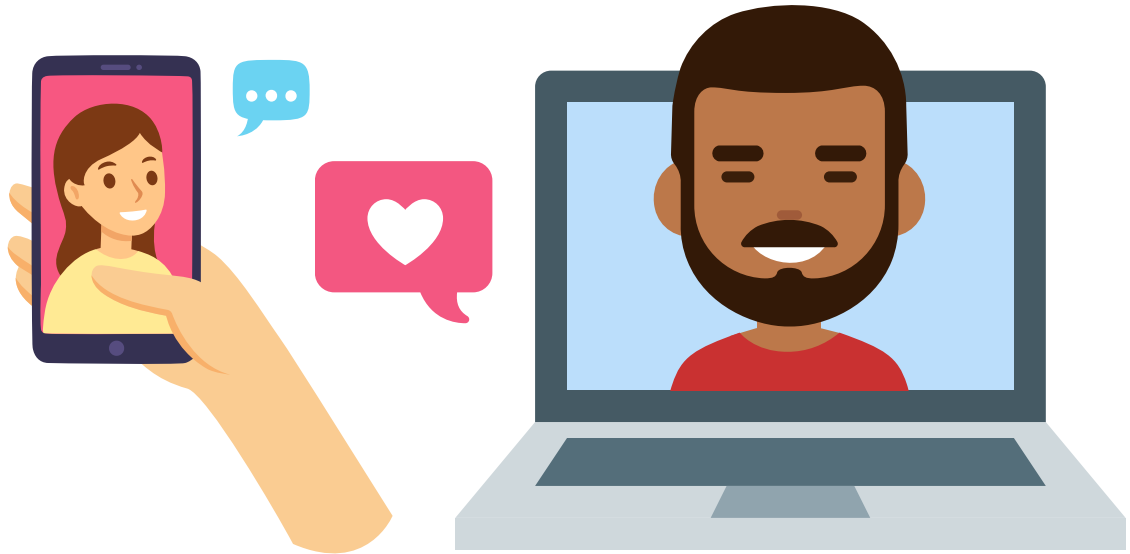


Coping with **stress** during a **crisis**

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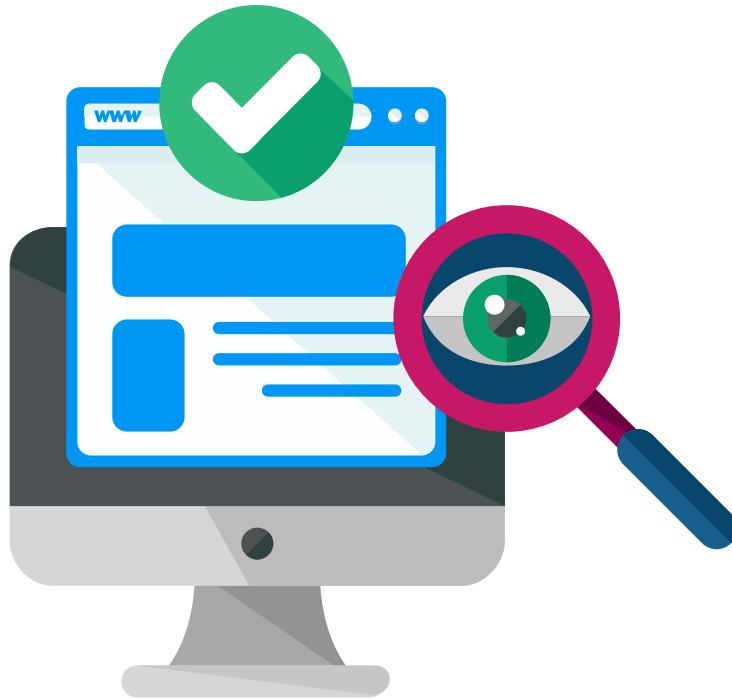
1. TALK TO YOUR LOVED ONES

It's normal to feel sad, stressed, confused, scared or angry during times of crises. Talking to people you trust can **help**.



2. MAINTAIN A HEALTHY LIFESTYLE

When at **home**, maintain a healthy lifestyle including proper diet, sleep, exercise and drink water. There are many **free** sources out there!



3. GET THE FACTS

Gather **information** that will help you accurately determine your risk so that you can take **reasonable precautions**.



4. RELAX

Take breaks throughout the day, meditate, pray or do yoga. **Make time to do what brings you peace.**