



**NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS
WITH MULTIPLE DISABILITIES (DIVYANGJAN)**
DEPARTMENT OF EMPOWERMENT OF PERSONS WITH DISABILITIES (DIVYANGJAN)
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA

Department of Social Work

Managing COVID-19 stress

Tips on looking after yourself



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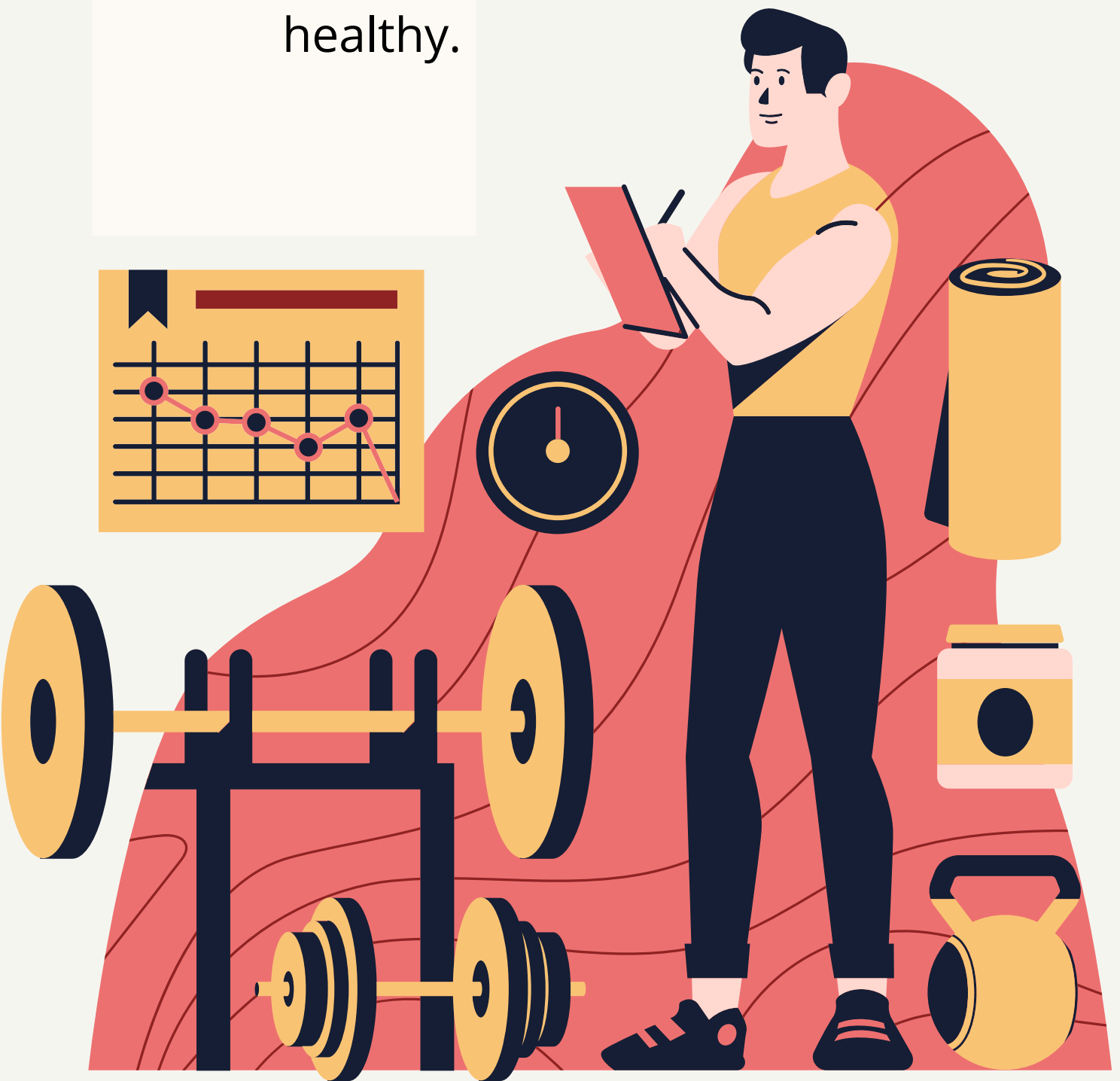
Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.



Make time to unwind.

Use a few minutes of your day to do something you enjoy.



Connect with others.

Talk to people you trust about your concerns and how you are feeling.



The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.



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