

# 10 ways To Manage Stress During Pandemic



**1. Drink** at least 8 glasses of water a day



**2. Eat** well-balanced, nutrient rich meals with a variety of health foods: [https://www.cdc.gov/healthyweight/healthy\\_eating/index.html](https://www.cdc.gov/healthyweight/healthy_eating/index.html)



**3. Exercise**, 30 mins of preferred physical activity several times a week to improve health and mental well-being



**4. Stretch and yoga** to improve physical fitness, reduce stress and anxiety, and improve heart health



**5. Take a deep breath**, breathing exercises (4-7-8 breathing technique) helps to relax the body, reduce anxiety, and improve cognitive functioning



**6. Practice Mindfulness Meditation** to relax the mind and body, increase awareness of thoughts and sensations, and improve psychological balance



**7. Sleep** at least 7-9 hours each night



**8. Take breaks** from news and social media. Limit news to a few times a day and take breaks from screens



**9. Connect** virtually with others. Connect with friends and family regularly to maintain social contacts and reduce feelings of loneliness.



**10. Talk** to your physician if stress interferes with daily life functioning.



The Center for Psychological Services (CPS) of the Rutgers Graduate School of Applied and Professional Psychology (GSAPP), in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, offers this Crisis Counseling Program through a Federal Emergency Management Agency (FEMA/SAMHSA) grant. This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program.

