



Practical Tips for Taking Care of Yourself and Reducing Stress

Maintain virtual connections with others. Talk with people you trust about your concerns and how you are feeling.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Body movement helps to get rid of the buildup of extra stress hormones. Exercise once daily or in smaller amounts throughout the day. If you don't like exercise, do something simple, like taking a walk, gently stretching, or meditating.

Make time to unwind. Try to do some other activities you enjoy such as listening to music, working in your garden, or reading.

Take care of your body. Make sure to get enough sleep and rest each day. Eat healthy meals and snacks and make sure to drink plenty of water. Avoid caffeine, tobacco, and alcohol. Take deep breaths. Deep breathing can move stress out of your body and help you to calm yourself. It can even help stop a panic attack.

You may want to reach out for help if stress gets in the way of your daily activities for several days in a row.

Call the Alliance 24-hour Access and Information Center at 800-510-9132 and a licensed clinician will assist you in finding the right kind of help.



24-Hour
Access and Information Line
Call 800-510-9132

www.AllianceHealthPlan.org

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