



The COVID-19 pandemic can be a stressful time for people.

Here are some tips to help you cope with COVID-19 related stress:

Sleep

- Try to get 8 hours of sleep
- Maintain regular sleep patterns
- Make sleep a priority

Healthy Eating

- Avoid overeating (due to boredom)
- Eat a balanced diet
- Fruits and vegetables
- Avoid fast food

Physical Health

- Stay active
- Exercise
- Try to stick to your regular routine

Social Connection

- Connect (socially) with a friend, family member, co-worker
- Don't forget to laugh
- Provide support to others

Avoid

- Self-medicating (alcohol, cannabis, etc.)
- Social Isolation
- Working 24h / day (set a clear "end time" to your day)



Discussion

How do you relieve stress during this challenging time?

How do you relax?

Workers Involved in this Safety Talk

Date: _____

Name	Signature

Name	Signature

Notes
