

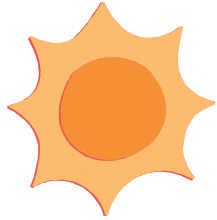
# 3 EASY WAYS TO HELP WITH EMOTIONAL DISTRESS DUE TO THE PANDEMIC



1

## BE INFORMED AND INFORM YOUR FAMILY

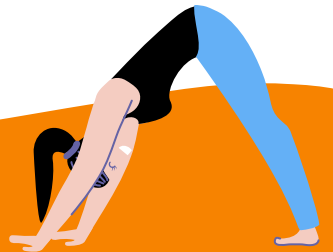
- BECOME FAMILIAR WITH LOCAL MEDICAL AND MENTAL HEALTH RESOURCES IN YOUR COMMUNITY
- AVOID SHARING UNCONFIRMED NEWS



## CONNECT WITH YOUR COMMUNITY

- KEEP CONTACT WITH FAMILY AND FRIENDS ONLINE OR THROUGH THE PHONE
- JOIN COMMUNITY/FAITH GROUPS ONLINE

2

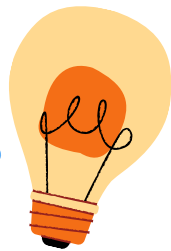


3

## MANAGE YOUR STRESS

- REFER TO CREDIBLE SOURCES FOR UPDATES IN THE NEWS OR COMMUNITY
- MAINTAIN A ROUTINE AND MAKE TIME TO RELAX AND REST

And go easy on yourself!



FOR HELP WITH FINDING RESOURCES PLEASE CALL NEELEY AT MEALS ON WHEELS WEST!

310-394-5133 EXTENSION 7