

Stay Healthy



- Eat healthy, well-balanced meals
- Get plenty of sleep
- Exercise regularly
- Keep your family's schedule consistent
- Go outside and enjoy nature

- When you feel you are missing information you may become nervous or stressed
- Always check your sources for reliability
- Monitor the news for updates from government officials
- Do not oversaturate with news coverage as this can cause anxiety

Stay Informed



Stay Connected



- Maintain a strong support system
- Share concerns with others
- Use virtual technology to communicate
- If you feel distressed, contact a counselor or a doctor
- The [Employee Assistance Program](#) is available to help

- Take time to unwind
- Do activities you enjoy
- When feeling overwhelmed, take deep breaths
- Even if you or your family is isolated or quarantined, realize this will be temporary

Stay Balanced



Remember: Feelings such as loneliness, anxiety, stress, boredom, and panic are normal reactions to a stressful situation such as a disease outbreak.



RESOURCES:

- [COVID-19 Guide for Caregivers](#)
- [UNLV Wellness Center](#)
- [CDC Self-Care Tips](#)
- [Wellness Tips from the School of Medicine](#)