Self-Care Tips During COVID-19

**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