

# 6 Wellness Tips for Managing the Impact of COVID



#1. Make time for your health.



#4. Be kind to your mind.



#2. Unplug from 24/7 updates.



#5. Be generous to others.



#3. Stay connected with others.



#6. Participate in things you love.

Additional resources for the public and professionals are available at [coronaphobia.org](https://coronaphobia.org).

