



JFS

Strength in Community

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Healthy Ways to Handle the Stress of COVID-19



Have a plan and know what to do if you are sick and suspect COVID-19. Contact a health professional before you begin any self-treatment.



Know where to get treatment, support services and resources, including counseling or therapy (in-person or through tele-health).



Take breaks from watching, reading or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.



Take care of your emotional health and do activities you enjoy. Taking care of your emotional health will help you think clearly and react appropriately to urgent needs.



Take care of your body through regular exercise, meditation, plenty of rest and healthy eating habits. Avoid excessive alcohol and drug use.



Talk with people you trust about your feelings and concerns. Connect with your community or faith-based organizations (stay socially-distanced by connecting online, on the phone or by mail.)

Resource: Centers for Disease Control and Prevention

For more information, contact the Wellness Helpline:

609.822.1108 x121 • wellness@jfsatlantic.org

This is a confidential, safe and non-judgmental resource. If you need emergency care, contact your healthcare provider or call 911.



JFS is an affiliate agency of the Jewish Federation of Atlantic & Cape May Counties and a partner agency with United Way of Greater Philadelphia and Southern New Jersey in Atlantic County

