

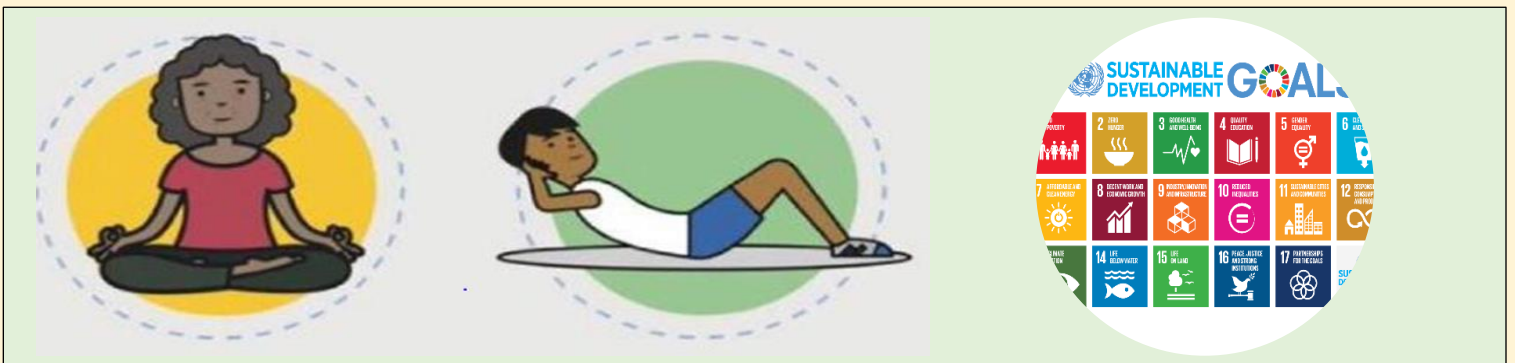
Coping with Stress and anxiety



1. It is **normal** to feel worried or anxious
2. Schedule **regular virtual** gathering with family near and far
3. **Reach out** to colleagues, friends

1. Get the **right information**.
2. Know the **facts** and **stay updated** and use information from trusted sources
3. Visit the UN dedicated [page](#)

1. Lessen the time you and your family spend on media coverage that might be upsetting to you
2. Move from media coverage to uplifting movies



1. Do what has worked **for you** at time of adversities.
2. Deal with **any emotions** you may have in a healthy manner.
3. **Have a plan ready- Know what to do in case of emergency.**

1. Maintain a healthy lifestyle
2. Ensure a proper diet, exercise and social virtual contacts.
3. Maintain regular sleep patterns

1. Stay **focused** and on **tasks**.
2. Reach out to the Secretariat Counsellor office if you need
3. Visit the [Wellbeing page](#) for additional tips