

This is such a difficult time. What can I try to do to manage my stress?

COVID Support  
Counselors are  
here to help.  
CALL 2-1-1

COVID  
SUPPORT VT

Promoting mental health and wellness for all

COVID Support VT helps people cope with the pandemic through education, emotional support and connections to community services that promote resilience, empowerment and recovery.

### What to do now

- 🕒 **Take a break.** Pause for a moment and allow your mind to stop.
- 🍴 **Eat well.** Try to eat regular, well-balanced meals.
- 💓 **Exercise.** Get some physical activity daily.
- 💬 **Connect.** Spend time communicating with family and friends every day.
- 📅 **Follow a sleep schedule.** Give yourself time to get a full night's sleep.
- ⊗ **Avoid alcohol and drugs.** They might make you feel better in the short-term, but they can make it harder for you to physically and mentally manage stress.
- ☑️ **Manage pre-existing conditions.** Follow your treatment plans for pre-existing conditions.

### I need support

- **Don't be silent.** Talk with a trusted friend or family member who can help. Isolation only makes stress worse.
- **Call your healthcare provider** if stress gets in the way of daily activities for several days in a row.
- **Connect with your mental health provider** to discuss ways you can cope.
- **Talk with your faith based leader.**
- **Call 2-1-1** to learn about community resources near you.
- **Find your local community mental health center** for 24/7 support at [www.vermontcarepartners.org/intake-and-crisis-lines](http://www.vermontcarepartners.org/intake-and-crisis-lines).