

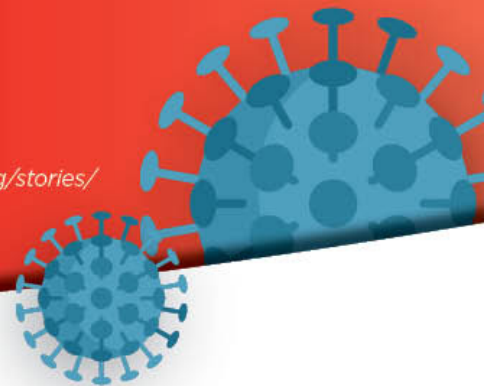
# How to stay **CALM** during the outbreak.

## Steps you can take when feeling anxious:

- **Information is useful, but too much can be unhelpful.** Limit news to what is actually providing new information and stick to reliable news sources.
- **Take the necessary and recommended precautions.** Don't try to innovate new ones. When we try to ensure 100 percent safety, we get caught up in unhelpful behaviors.
- **Keep up daily routines.** Make changes only when necessary. Maintaining regular schedules and routines is a good way to keep anxiety at bay.
- **Don't completely isolate yourself from other people.** Even if you are in self- or mandatory quarantine, keep up social interaction using FaceTime/Skype, phone calls or text messages.
- **Limit screen time.** Too much time on the phone or computer, on social media or websites, can lead to less activity and more anxiety.
- **Stay physically active.** Be outdoors if you can. Maintaining physical activity and spending time in fresh air can help to keep anxiety down.



Source: [yalemedicine.org/stories/covid-19-anxiety/](https://yalemedicine.org/stories/covid-19-anxiety/)



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