

# Covid – 19 got you stressed?

Here are some strategies and resources for combatting stress and anxiety during the pandemic



## DISTRACTION

IF YOU ARE FINDING IT HARD TO SHAKE OF ANXIETY ABOUT COVID-19, THEN ENGAGE IN ACTIVITIES THAT CAN DISTRACT YOUR MIND FOR EXTENDED PERIODS OF TIME. LIKE. . .

- CLEAN YOUR HOME
- START A CRAFT OR PROJECT
- PLAY A BOARD GAME WITH YOUR FAMILY
- WATCH A MOVIE OR SHOW
- PLAY A MUSICAL INSTRUMENT
- START A HOBBY

## TAKE AN ONLINE CLASS

[450 FREE ONLINE IVY LEAGUE CLASSES](#)

## MANAGING STRESS

[CDC COPING WITH STRESS DURING A PANDEMIC](#)