

FIND THE BALANCE THAT WORKS FOR YOU

Everyone copes with stress differently. Take steps to protect your mental and emotional health.

- Take breaks from news and social media
- Eat healthy, well-balanced meals and exercise regularly
- Find time to relax and participate in activities you enjoy
- Talk to someone you trust about how you're feeling

Additional resources on managing anxiety and stress are available at [scdmh.net](https://www.scdmh.net).

For the latest information about COVID-19, visit [scdhec.sc.gov/COVID19](https://www.scdhec.sc.gov/COVID19).





South Carolina Department of Health
and Environmental Control
2600 Bull Street
Columbia, SC 29201