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## Feeling worried about coronavirus (COVID-19)?

Anxiety, excessive worrying, feeling helpless, concentration challenges and difficulty sleeping are all unwelcome side effects during times of uncertainty. Developing good coping techniques can help you feel calm and in control. Here are some tips to consider when worry arises.

[Find out more >>](#)



### Live in the moment with mindfulness

Life is full of distractions, pulling our attention in different directions. Mindfulness can help quiet some of these distractions and allow you to lead a more balanced life. Mindfulness is the practice of living in, and being aware of, the present moment, free from judgment and overthinking. The more you practice, the more mindful you may become. These tips can help you get started.



### Time to slow down or quit drinking?

Using alcohol or drugs to unwind, feel sociable or relax can start out as fun but can easily turn into a problem even before you may be aware of it. If you answer "Yes" to any of the following, it may be time to get help to protect your health.

[Read now >>](#)

Learn how >>

## Coronavirus (COVID-19): A reminder to protect yourself and others

- **Avoid close contact** with people who are sick
- **Wash your hands** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer
- **Avoid touching your eyes, nose and mouth**
- **Disinfect frequently touched objects and surfaces**
- **Cover your cough or sneeze** with a tissue, then discard the tissue
- **Follow current recommendations** for social distancing



## National Stress Awareness Month

Find helpful information about coping with stress for people of all ages and circumstances including tips for parents to help kids and teens cope with stress.  
<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>



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