

# IT'S OK

## TO BE STRESSED ABOUT COVID-19



### Outbreaks can be stressful

COVID-19 may be stressful for some people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

### Take care of yourself & your community

Taking care of yourself, your friends and your family can help you cope with stress.

Helping others cope with their stress can also make your community stronger.

### Everyone reacts differently to stress

How we respond to COVID-19 may depend on our background.

### Know the facts to help reduce stress

Understanding the risk to yourself and others can make COVID-19 less stressful.

#### CHECK THESE OUT:

**Bounceback Ontario** at <https://bouncebackontario.ca>

**Not Myself Today** at <https://www.notmyselftoday.ca>

*We will get  
through this!*