

10 tips to reduce COVID-19 anxiety



Focus on things you can control, such as your thoughts and behaviours.



Keep the big picture in mind. Humankind will survive this.



Remember that the size of news coverage may not equal the size of a threat.



Control how often you check the latest news.



Turn to reputable sources for your news.



Let wisdom and logic guide you.



Model peaceful behaviour for those around you.



Evaluate your own health behaviours and be a model for others, including children.



Feeling too isolated? Maintain digital connections with people.



Don't let fear influence your decisions, such as hoarding supplies.

