

COPING WITH STRESS

DURING THE CORONAVIRUS (COVID-19) OUTBREAK

Exercise Well

Indoor workouts - Walking, Yoga, Stretching, Rope Jumps etc. reduces your stress level and make you feel better.

Get enough sleep and rest

A adequate sleep makes you able to tackle the stress more easily.

Take care of your body

Take deep breaths, stretch, or meditate.

Have a nutritious diet

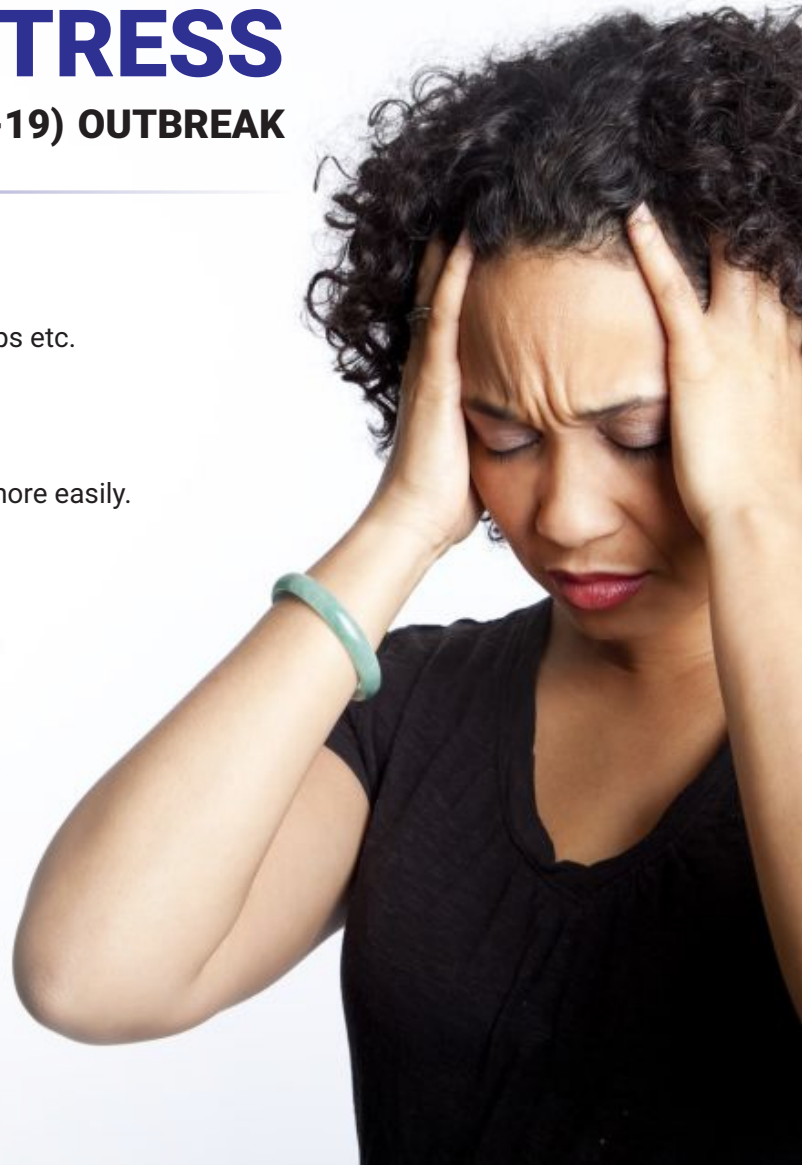
Eat healthy, well-balanced meals.

Do some activities you enjoy

Play a game with your kids, read a book, watch your favorite movie. Connect with others.

Take Breaks

Take breaks from watching, reading, or listening to news stories, including social media.



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