



(This is all stressful..  
How do I handle it?)

**However you're feeling...**

We're here to talk,  
if you want to...

**1-844-863-9314**

8am-10pm / 7 days

**Always free & confidential**

**Not up for talking?**

Take a look at our website

**NYProjectHope.org**



Here to Talk | Here to Listen | Here to Support

**NY Project Hope**  
Coping with COVID



Office of  
Mental Health

A program of the NYS Office of Mental Health  
Funded by FEMA



# Your life is going through a lot of changes

## Here's some ways to help you handle stress during COVID...

- Lighten up on yourself ... you've been through a lot of changes
- Spend a little less time on social media... that'll help control what's rolling around in your head
- Yup, you're young but try to think about your health...eating well, sleeping enough and getting some exercise will all help you handle stress and anxiety
- Talk it out...connect with your friends, family and people who make you feel more relaxed
- Take some down time...create something, write about what you feel, spend time with your pet - just give your brain some time off

**Remember...** things are different so try not to be hard on yourself if you're worried, stressed or just tired of how COVID is changing your life