









# 10 Tips to Reduce COVID-19 Anxiety

	Focus on things you can control such as your thoughts & behaviors		Control how often you check the latest news
	Keep the big picture in mind, Humankind will survive this.		Model peaceful behavior for those around you
	Remember that the size of news coverage may not equal the size of the threat.		Evaluate your own health behaviors and be a model for others, including children.
	Let wisdom and logic guide you		Feeling too isolated? Maintain digital connections with people.
	Turn to reputable sources for your news, not social feeds		Don't let fear influence your decisions, such as hoarding supplies.