

# FEELING STRESSED AND ANXIOUS DUE TO COVID-19?

USE THESE TIPS TO REDUCE YOUR STRESS AND ANXIETY

Focus on **POSITIVE THINGS** you can control

Keep stress under control:  
**STAY HYDRATED,  
EXERCISE, & EAT HEALTHY**

**TALK ABOUT YOUR EXPERIENCE  
& FEELINGS** with loved ones and  
friends, *if that's helpful*

**TAKE BREAKS**  
from upsetting  
content

**TAKE TIME TO RENEW YOUR SPIRIT**  
through meditation, prayer, or helping  
others in need

**CONNECT WITH OTHERS** who may  
be feeling stressed about the many  
challenges and concerns that are  
associated with the pandemic

**PAUSE, BREATHE, & TRY  
RELAXATION TECHNIQUES**  
like yoga or taking a walk



**Georgia COVID-19  
Emotional Support Line  
866-399-8938**  
Effective June 1, 2020 - Hours of Operation: 8 am - 11 pm

Logos: DBHDD, Georgia Department of Behavioral Health & Developmental Disabilities, BHL, beacon health options

Illustration of two hands shaking over a map of Georgia.

The Georgia COVID-19 Emotional Support Line provides free, confidential and anonymous assistance to callers needing emotional support or resource information because of the COVID-19 pandemic.



**Georgia Crisis  
& Access Line**

1-800-715-4225  
mygal.com

Sponsored by the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD)

Illustration of two people's profiles facing each other.

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7.

[dbhdd.georgia.gov](http://dbhdd.georgia.gov) | [www.georgiadisaster.info](http://www.georgiadisaster.info)



Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities  
**Georgia Recovery Project**