

# 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



Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities



beacon



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.

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



**Georgia Crisis  
& Access Line**

**1-800-715-4225**  
[mygal.com](http://mygal.com)



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



**D-B-H-D-D**

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Georgia Recovery Project