



OUR LOBBIES ARE NOW CLOSED,
BUT WE CONTINUE TO SERVE
CLIENTS AT OUR DRIVE-UPS.
CONTACT YOUR LOCAL OFFICE, IF AN
APPOINTMENT IS NEEDED.

6 Tips for Managing Your Anxiety & Stress



TAKE CARE OF YOUR BODY

Eat healthy, exercise, get plenty of sleep. Avoid alcohol and drugs.

STAY INFORMED

Educate yourself using trusted resources, such as the CDC and government pages.

INFORMATION



CONNECT WITH OTHERS

Share feelings with friends and family. Maintain relationships and build a support system.

AVOID TOO MUCH NEWS

Limit the time spent watching, reading or listening to the news and social media.



TAKE BREAKS

Make time for activities that you enjoy. Take your mind off strong emotions that will eventually fade.

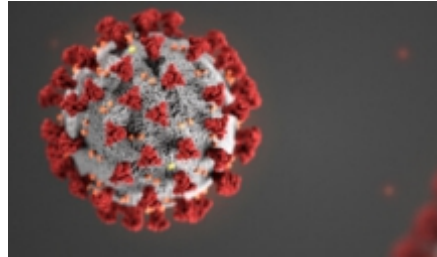
SEEK HELP IF NEEDED

If distress continues to impact your daily life, seek help from clergy, counselor, or a doctor.



[Click here to learn more from the Centers for Disease Control and Prevention.](#)

GROWING TOGETHER



COVID-19 Scams

Scammers are taking advantage of fears surrounding the Coronavirus. They're using fake emails, texts, and social media posts to take your money and get your personal information.

[Learn More](#)



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