# Tips to Reduce Covid-19 Anxiety

**Connect with family and friends through calls/texts/internet.**

**Control how often you check the latest news.**

**Focus on the things you can control such as thoughts, behaviours and hygiene procedures.**

**Keep a healthy lifestyle: Proper diet, exercise and sleep.**

**Avoid excessive alcohol use. Remember the negative impact of alcohol and drugs on your mental health.**

**Practice self-care: Mindfulness, go for a walk, talk to friends**

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