

Coping with stress during COVID-19 pandemic

It is normal to feel fearful and anxious during this time. Be kind to yourself and look after your well-being.

Stay connected with people you love and talk about your feelings. If physical distancing regulations are in place, use phones or the internet to stay in contact.



Look after your body. Get enough rest, eat healthy foods, be physically active, and minimise use of alcohol or other substances (e.g. alcohol).

Do an activity you enjoy or find meaningful everyday such as cooking, praying, or dancing.

Stay up-to-date with accurate information about COVID-19 pandemic in your community and take “breaks” from COVID-19 related media if you feel overwhelmed.

Don't use smoking, alcohol or other drugs to manage your emotions. They might seem to help in the short term, but can make you feel worse (sad, anxious, angry) in the long term.



Children may respond to stress in different ways. Listen to your child's concerns and give them extra love and attention. Keep to regular routines and schedules, including time for learning, playing and relaxing.

Important mental health contact information in Marshall Islands:

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625-3355 Ext.2503

Cell
455-4077

Email
humanservicesrmi@gmail.com