Tips on Reducing Anxiety

1: Be empathetic

COVID-19 could affect anyone from anywhere.

2: Choose your words carefully

If someone has COVID-19, they are "people who are being treated for or recovering from COVID-19".

3: Avoid information overload

Try not to watch, read or listen to news that causes you to feel anxious or distressed. **If you can:**

• Seek info that helps you take practical steps to protect yourself and loved ones

• Seek info updates at specific times during the day once or twice

• Seek info from government and local health authority platforms to help distinguish facts from rumours.

4: Be kind

You can protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.

5: Share positive stories

Amplify the voices of your colleagues and loved ones. Send your stories, images or messages of thanks to **Synergy News.**

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6: Honour healthcare workers

... and all others supporting people affected by COVID-19 in your community.

SoR President: **"You have our sincere support and gratitude".**

7: Take care of your physical wellbeing

Try to eat well, get regular exercise, make time for activities you enjoy and look after your sleep.