

COVID-19

SUPPORTING YOUR HEALTH & WELL-BEING



The spread of COVID-19 is causing distress in our local communities and across the world. During this unprecedented time, it is especially important to take care of your mind, body and relationships.

Vidant Health is here to support you and your loved ones with some helpful tips and resources.



1 | Take care of your mental health. Take breaks from watching, reading or listening to news stories, including social media. Talk with people you trust about your concerns and how you are feeling.

2 | Take care of your body. Meditate, stretch or take deep breaths. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.

Vidant Wellness streams live exercise classes daily including, yoga, Zumba and access to personal trainers. In addition, they offer nutrition classes and cooking demos. Visit the Vidant Wellness Center **Facebook** and **Instagram** pages for more information.



3 | Take care of each other. Practice social distancing, but stay connected.

Spend this time with your immediate family playing games, watching movies or going for walks together. Stay connected with your friends and neighbors through the phone and video services, such as FaceTime, Google Duo or Skype.

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