

## *Coping with stress*



**It is normal to feel sad, stressed, or overwhelmed during a crisis**



**Talk to people you trust or a counsellor**



**Maintain a healthy lifestyle: proper diet, sleep, exercise and social contacts with friends and family**

**Don't use alcohol, smoking or other drugs to deal with your emotions**



**If you have concerns, talk with your supervisor, and if you start feeling unwell tell your doctor immediately**

