

FIND THE BALANCE THAT WORKS FOR YOU

Everyone copes with stress differently. Take steps to protect your mental and emotional health.

- Take breaks from news and social media
- Eat healthy, well-balanced meals and exercise regularly
- Find time to relax and participate in activities you enjoy
- Talk to someone you trust about how you're feeling

If you or someone you know is experiencing a mental health crisis, or issues with alcohol or substance abuse, call **1 (844) SC-HOPES (724-6737)**.

Additional resources on managing anxiety and stress are available at **scdmh.net**.

For the latest information about COVID-19, visit **scdhec.sc.gov/COVID19**.





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