

Things you can do to take care of yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Use technology for Good! Connect with friends and family through video chat, etc.
- Take care of your body. Take deep breaths, stretch, or [meditate](#).
- [Try to eat healthy, well-balanced meals](#), [exercise regularly](#), [get plenty of sleep](#), and [avoid alcohol](#) and [drugs](#).
- Make time to unwind. Try to do some other activities you enjoy.
- Get fresh air! When the weather permits, and while keeping your distance, spend some time outside walking, hiking, biking and getting some Vitamin D.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Resources:

Valley Youth House (youth in crisis, runaways, Parent Line)	610-691-1200
Childline	1-800-932-0313
Children and Youth	610-782-3064
Domestic/ Date Violence	610-437-3369
Violent Crimes	610-437-6611
Birth Control/ Pregnancy	610-481-0481
STD/HIV Testing	610-437-7742
Alcohol Abuse	610-882-0558
Drug and Alcohol	610-782-3555
Eating Disorders	610-435-2736
Homeless	610-691-1200
Community Help Line	855-501-6785 Or 211 by cell
Lehigh Valley Health Network	610-402-CARE
Crisis Intervention	610-782-3127
Crisis Text Line	Text HELLO to 741741
Disaster Distress Hotline	1-800-985-5990
National Suicide Prevention Lifeline	1-800-273-TALK (8255)