



National Institute
of Mental Health

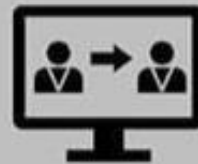
Coping with COVID-19

**Take breaks
from the news**



**Take care
of your body**

**Make time
to unwind**



**Connect
with others**

**Set goals
and priorities**



**Focus on
the facts**