

## Ways to alleviate stress about COVID-19

- Start a daily journal of your trips to the pharmacy, grocery store, whom you came in contact with. By doing this, it will alleviate stress if/when a case of COVID-19 is reported and you can track your whereabouts



- Daily exercise, go for a walk around the block. Dust off your weights hidden under your couch/bed & gradually start using them again.



- Maintain your regular sleeping schedule & increase your servings of fruit & vegetables. (Good food box delivery Tues May 19th to all ALIB households) Look for ALIB Elders recipe submissions in the newsletter & on their ALIB Elders Facebook page for inspiration.

