5 TIPS TO MANAGE YOUR ANXIETY AT THIS TIME

Limit your time on social media.
Limit triggering information, muting specific words or unfollowing certain accounts.

Read the news instead of watching it.
Actively engage in your support system.

Do things that are in YOUR control and be assertive with your boundaries.

Extend yourself extra grace and gentleness.

YOU ARE NOT ALONE! CALL NYC WELL IF YOU NEED HELP AT 1(888)-692-9355.