

Extend
yourself extra
grace and
gentleness

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

5 TIPS TO MANAGE YOUR ANXIETY AT THIS TIME

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

**College
Connects**

Awareness. Support. Empowerment.


The Jewish Board
Health and Human Services for All New Yorkers