



STRESS AND COVID-19

Note: This content is from the March 18, 2020, issue of the Collegiate Digest.

The health and wellness of our members is important. Gamma Phi Beta encourages all members practice social distancing (physical distance, we encourage socializing virtually!) during the next few weeks – not only for your own health, but for all those who you may come in contact with like your family and friends.

Gamma Phi Beta understands that many of our members are experiencing stress and anxiety during this pandemic. Additionally, members may be feeling isolated as some of our housing has closed, social distancing is being practiced and quarantines are imposed.

The Centers for Disease Control and Prevention (CDC) provided resources for [coping](#) with stress to make you and your community stronger.

Here are some ideas to practice self-care if you feel stress or anxiety:

- Use a meditation app like Calm or Headspace.
- Take a break from the news and media.
- Practice yoga or stretching at home.
- Practice [breathing exercises](#).
- Facetime friends and family. Especially your fellow G-Phis!
- Take free online course.
- Read a book.
- Connect with sisters in the [Gamma Phi Beta Wellness Facebook Group](#).