



Republic of Botswana

Ministry of Health and Wellness

# COPING WITH STRESS DURING THE COVID 19 PANDEMIC

**It is normal to feel sad, stressed, confused, scared or angry during a crisis.**

- Talk to people you trust.
- Keep in touch with loved ones through phone calls, texts, social media and video conferencing.
- Maintain a healthy lifestyle that is: proper diet, plenty of sleep, and exercise
- Do not use drugs, alcohol or smoke to deal with your emotions.
- Get the facts, do not watch or listen to media coverage you perceive upsetting.
- Learn a new skill or draw on skills you have used in the past that have helped you to manage previous life's adversities.
- If you feel overwhelmed, talk to a counsellor or **call COVID-19 Call Centre on 16649**

Ministry of Health & Wellness  
COVID-19 Call Centre 16649

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**Vision:** A Healthy Nation by 2023

**Values:** Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.

