

Healthy Living During Stressful Times

Manage Stress

How can I manage my stress at home?

- Stay connected with your family and friends
- Take a few deep breaths



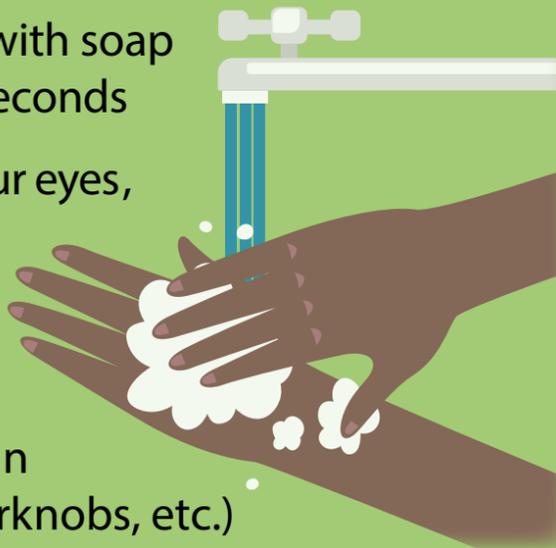
If you are in a crisis,
call the Veterans Crisis Line at
1-800-273-TALK (8255).

Or text 838255
or chat online at:
www.veteranscrisisline.net

Be Safe

How can I be safe at home?

- Wash your hands with soap and water for 20 seconds
- Avoid touching your eyes, nose, and mouth
- Cover your cough and sneezes
- Keep surfaces clean (countertops, doorknobs, etc.)



Eat Wisely

How can I maintain a healthy diet when I am stressed or bored?

- Stick to a consistent meal schedule
- Stock healthy snacks – Remove Temptation

Sleep Well

How can I sleep better?

- Keep a regular sleep schedule every night
- Avoid alcohol, caffeine, and screen time before bed



Limit Alcohol

How can I limit my drinking?

- Commit to safe daily limits (2 drinks/day (for men) or 1 drink/day (for women and those over age 64))
- Reach out for support if you are having trouble sticking to daily limits



Be Involved in your Health Care

How can I stay connected with my health care team at home?

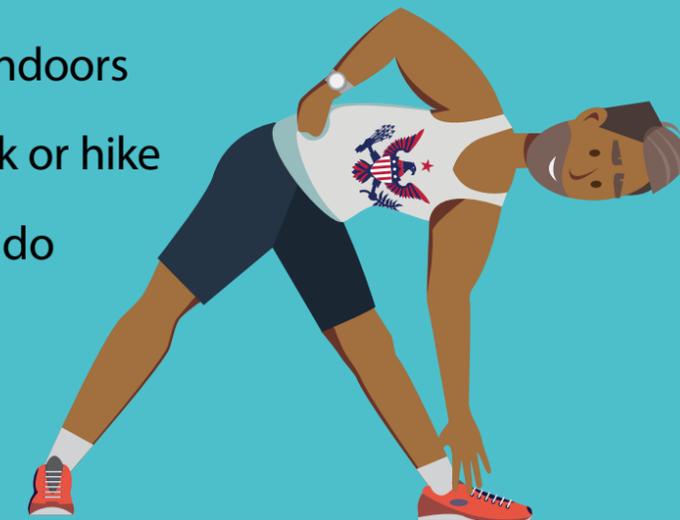
- Send a Secure Message in MyHealtheVet
- Schedule a telehealth appointment



Be Physically Active

How can I be physically active at a safe distance?

- Be active indoors
- Take a walk or hike
- Garden or do yard work



To Learn More:

https://www.prevention.va.gov/Healthy_Living/Healthy_Living_During_Stressful_Times.asp

VA



U.S. Department of Veterans Affairs
Veterans Health Administration