COVID-19 has changed the way we live our daily lives, interact with others and the way we usually function. This can bring up many feelings of stress, anxiety and worry. Here are a few ways you can reduce anxiety and express your feelings through activities:

- Listening to music can help you express how you are feeling.
- Practicing yoga can be help center the body as well as your mind.
- Meditation can calm your mind.
- Dancing can be a form of expression as well as a way to release your energy.
- Journaling your thoughts, ideas, and feelings can help you process as well as release your feelings.
- Exercising such as running, walking and lifting weights can release endorphins in your body and help you feel better.
- Connecting with friends via phone or online can bring some normalcy into your daily life.
- Getting some fresh air can give you a chance to get sunshine.
- Eat well balanced meals to help nourish your body.
- Rest and sleep is important to help relax your body and be ready for the next day.