

HOW TO DEAL WITH FEAR

You can't change the fact that we're living in a pandemic or the effects of COVID-19, but you can control how much the fear that comes with it impacts you. Sometimes the hardest thing about feeling afraid is that you don't know what to do to change it. If that sounds familiar, here are some things you can do to help yourself.

TALK TO A TRUSTED ADULT.

LIMIT YOUR SCREEN TIME.

REMIND YOURSELF OF WAYS TO STAY SAFE.

TAKE SOME DEEP BREATHS.

KEEP HAVING FUN.

MAINTAIN HEALTH BEHAVIORS.

STICK TO A ROUTINE.

LEARN MORE AT
[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)