

## OVC Wellness Team Tips for Managing Stress

If COVID-19 is making you feel anxious and stressed, please know that you are not alone. Here are some tips to navigate these ambiguous times:

- Call MyLife Services at 844-405-5433 for confidential assistance from a real person 24 hours a day, 7 days a week.
- Check out this CDC website for advice on coping:  
<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Call the MIT Relaxation Line at 617/253-CALM (2256) for a 2- minute relaxation practice.
- Learn how to get the best possible sleep at  
<https://medical.mit.edu/community/sleep/resources>.
- Join a [remote meditation at 2:50 pm every day](#) sponsored by MIT Community Wellness.
- Take a walk at lunch.
- Listen to your favorite music.
- Commit a random act of kindness.
- Seek out that colleague or friend who always makes you laugh.

Please be kind to yourself and others right now.

— The OVC Wellness Team: Danny Becker, Antoinette J Brown, Meghan Burke, Shelly Isaac, Lauren McLean, Dana Riechman, Nicole M Piper, Chelsea Truesdell, Josh Nagle, Joseph Swain, Michael Rutter, Aleshia Carlsen-Bryan, Mary M. Murphy