



CORONAVIRUS [COVID-19]

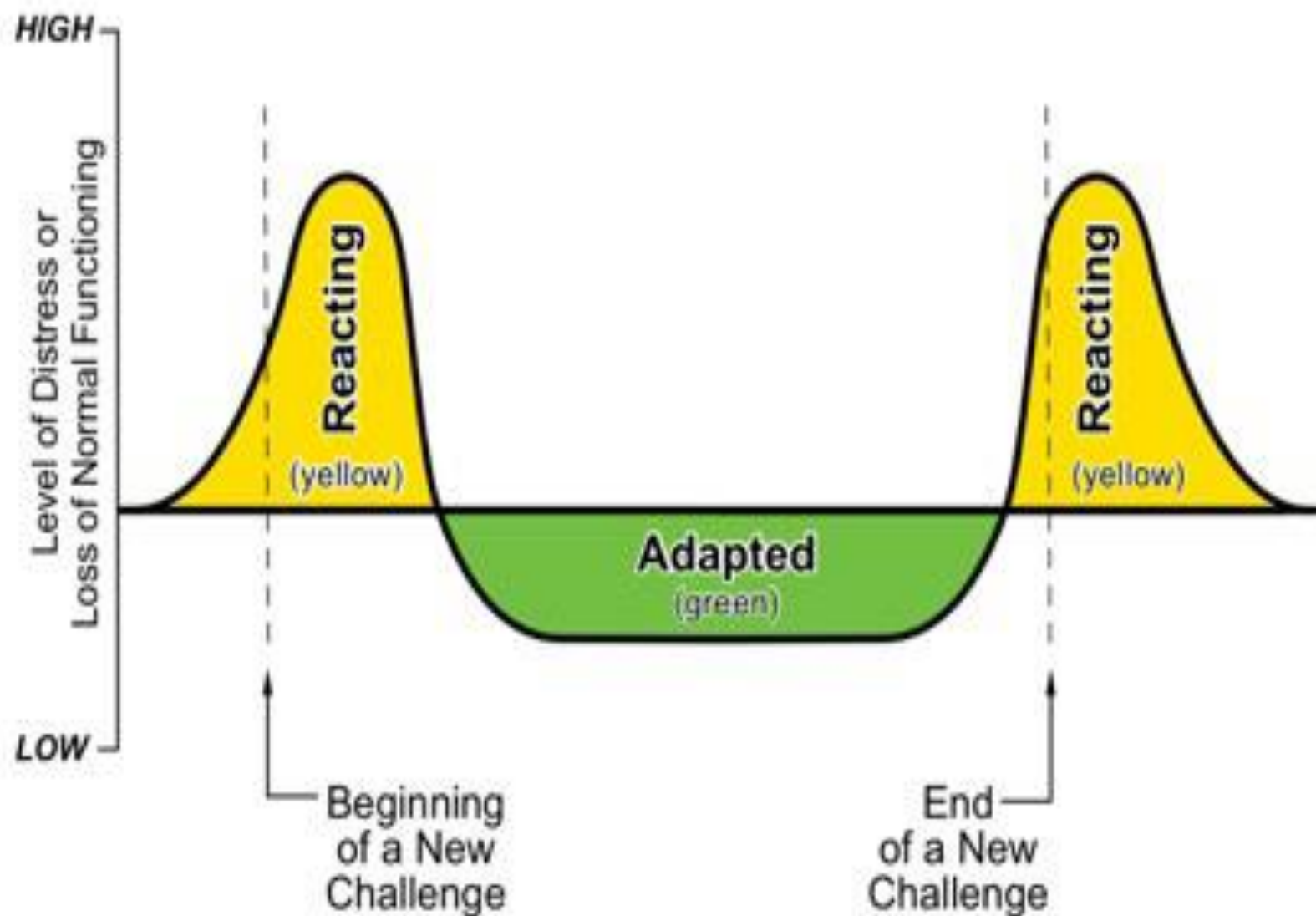
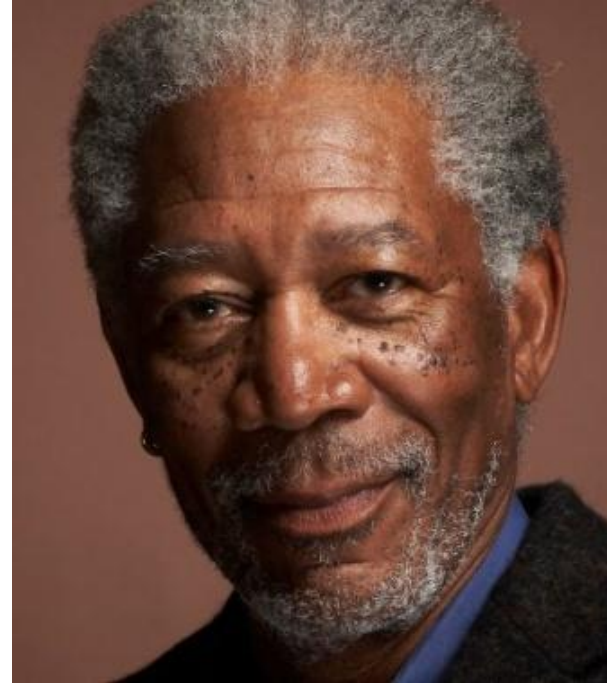


Figure 4-3. Usual Course of Yellow Zone Stress Reactions.



“As we work to
find our new
normal, help each
other stay strong
and hopeful.”



social distancing



doesn't mean
social disconnection



**KEEP
TALKING
ABOUT
MENTAL
HEALTH**

**PREVENTING
WORK-RELATED STRESS**



**GO
HOME
HEALTHY**

**TALKING
TOOLKIT**

Practical help with talking
about stress >>>