



Pandemic: Coping with Stress & Isolation

<https://phc.eduhealth.ca/en/permalink/phem4073>

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Description: Suggestions on how to manage and cope with stress and anxiety because of isolation and social distancing.

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Topic: Healthy Living

Services & Resources

Subject: Wellness & Life Style

Community Health Services

Keywords: Protection

symptoms

support

communication

resources

mental health

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Documents



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