Take care of yourself and our community.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body**.
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly, get plenty of sleep.
  - Avoid alcohol and drugs.
- **Make time to unwind**. Try to do some other activities you enjoy.
- **Connect with others**. Talk with people you trust about your concerns and how you are feeling.

More information from the CDC at https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Email us at info@northamptonneighbors.org and we'll share your tips for taking care with our neighbors.

And maybe it is time for a virtual trip to the Library?
Forbes Library Service Updates in Response to Coronavirus (Covid-19)
Also check out **Free Online Resources and Community Information**.
We have many digital resources available on our website and we are sharing resources on social media. Please visit us at forbeslibrary.org. Click here to sign up for our email updates

NN COVID RESOURCE 4/22/20

These are challenging times and we hope these resources help you, your family or a neighbor. Please consider that this is a fluid situation and that we are doing our best to provide accurate, timely information. If you have an update or more information, email info@nothamptonneighbors.org and we will share it ASAP. Take care.

Entendemos que estos son tiempos difíciles y ójala que estos recursos sean útiles para usted, su familia o sus vecinos. Por favor, entienda que esta situación está cambiando diariamente y esforzándonos para proveer información precisa y oportuna. Si tienes noticias o más información, por favor contáctanos por correo electrónico a info@northamptonneighbors.org y la contaremos. Si prefieras algunas de estos recursos en Español, por favor contáctanos por teléfono (413-230-7088) o correo electrónico (info@northamptonneighbors.org) y nos alegramos traducirlo. Cuídense.