Does hearing about COVID-19 have you feeling stressed? You’re not alone. We’re living in unprecedented times, and it can feel overwhelming with things constantly changing. Life as you once knew it has significantly changed. Adjusting to a new way of living may be stressful, making it easy to lose sight of practicing a heart-healthy lifestyle. At any time, stress can lead to a poor diet, increased alcohol consumption and smoking. These unhealthy habits are risk factors for developing high blood pressure. Managing your stress may sound easier said than done, but here are a few tips to help you cope with stress in times of uncertainty and help ease the pressure:

- Limit conversations or media coverage about COVID-19.
- Focus on your health by eating a low-sodium diet and more fruits and vegetables.
- Try a new heart-healthy recipe.
- Add physical activity to your daily routine and get plenty of sleep.
- Practice meditation or deep breathing exercises to keep your mind on something positive.

For more information, visit www.gethealthyclarkcounty.org/manage-your-risk/heart-disease.

COMMUNITY RESOURCES

- Services for Nevadans in need
  - Nevada 211
  - www.nevada211.org
- Foodbank services
  - Three Square
  - www.threesquare.org
- COVID-19 information and testing locations
  - www.snhd.info/covid
  - www.cdc.gov/coronavirus
- Southern Nevada
  - Community Health Center
  - www.snhd.info/snchc

SHOP SPOTLIGHT

Fair Kutz
270 S. Decatur Blvd.
Las Vegas, NV 89107
www.fairkutz.com

Gregg Fair, owner of Fair Kutz, shared these words of encouragement:

“Our trade will never die.”

MORE ABOUT BSHOP

To learn more about the Southern Nevada Health District's BarberShop Health Outreach Project, contact Amineh Harvey at harveya@snhd.org.