Your stress situation is not at a high level. You have a good control of your mental state.

Keep a healthy lifestyle in mind. Eat food, sleep, and exercise appropriately, and cherish contact with society, such as relationships with family members who live with you, emails and telephone calls with family members and friends in the distance.

In the current situation, it's normal for anyone to get upset. It is important to communicate with people in the workplace and family, to exercise and take a walk to move the body, to find hobbies and interests and do whatever you want to enjoy.

Thank the doctors, nurses and medical staff for their dedication. Thank the workers in the grocery store, the courier, the truckers, and the farmers. Stay home, stay safe.