

Coping with COVID-19 Related Stress

MAINTAIN HEALTHY ROUTINE. Take care of your body. It is important to maintain a regular schedule for sleeping, eating, studying, working, etc. Don't use smoking, alcohol or other drugs to cope with your stress. (This may reduce your body's capacity to heal itself).

PAY ATTENTION TO YOUR REACTIONS. It is normal to experience stress, anxiety, anger and fear during a crisis. Increasing your awareness can help you decide what you need to cope with these reactions. Remind yourself that the strong feelings will fade.

LIMIT INFORMATION. Be informed and mindful. Too much information leads to overload so consider limiting your exposure to news (no, you don't have to hit refresh every minute on your Twitter account). Choose a reputable and non-sensational news source such as the CDC for updates.

TAKE A BREAK AND RELAX. Take breaks from watching, reading or listening to news stories. Build in time to do things you enjoy. Listen to music. Exercise. Meditate. Different coping strategies work for different people...use what has worked for you in previous times of stress.

CONNECT WITH OTHERS. When in distress, you may feel lonely and isolated in what you are going through. Call someone. Facetime. Connect. You can benefit from connection with others where you can share your concerns and receive support from each other. Talk with your friends & family.

BE KIND. Remember...we are all being impacted and trying to manage stress. COVID-19 does not recognize race, nationality, or ethnicity. Being compassionate is key in taking care of ourselves and our community. Maintain a sense of hope and positive thinking.



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