



Managing Anxiety During COVID-19

RECOGNIZE THE SIGNS

In these unprecedented times, many are experiencing increased levels of distress. Oftentimes the distress is rooted in an inability to cope with challenging life events or circumstances. Recognizing the signs of distress within yourself or someone you know, can begin the process of coping that leads to functioning and even thriving during a time of crisis. Some indicators that may signal that you or someone you know may be in distress include:

Changes in Sleep Patterns
(too much or not enough)

Difficulty Managing Anger/
Controlling Temper

Sudden and Extreme
Change in Attitude

Forgetful/
Memory Problems

Withdrawn/Antisocial/
Uncooperative

Mood Swings/
Erratic Behavior

Constantly Negative/
Pessimistic

Unexplained Absenteeism

Tiredness/Lack of Energy

Increased Accidents/
Incidents

TIPS TO REDUCE COVID-19 ANXIETY

Managing anxiety is not easy, but it is important to your mental health. These strategies can help.

- Media Distancing:** To stop the spread of COVID-19, we've had to practice social distancing. But to stop the spread of anxiety, distance yourself from the media. Limit how many times you check the news, and if you do check the news, use fact-based resources.
- Do Not Engage with Worry:** Whether you are worried about contracting the virus or other life events, the more your mind focuses on worst-case scenarios, the more anxious you feel. You can't stop thoughts from entering your mind, but you can choose to stop dwelling and you can choose to take action to solve problems.
- Maintain A Proper Perspective:** The vast majority of people infected with COVID-19 have mild to moderate symptoms or no symptoms at all. And the mortality rate if you do contract the virus ranges from 1.4% to 3%.
- Do Not Overreact to Physical Symptoms:** If you or someone else coughs, it does not mean you have COVID-19. However, if you are experiencing the following symptoms: fever, sore throat, cough and shortness of breath, please contact your medical professional.
- Focus on Being Productive and New Ways of Enjoying Life:** Although we have no control over the national crisis, you can focus on where you do have control – your response to the crisis. This is an opportunity to try something new and do things you haven't had time for.
- Do Not Go Beyond Professional Health Advice:** Compulsive hand washing until your hands are dry and red, taking off all your clothes before entering the house, and isolating indoors are anxiety's guidelines, not that from professional health organizations.
- Preserve Some Sense of Normalcy:** To the extent you can, maintain your day as you normally do with modifications. Be creative.