

CORONAVIRUS *Anxiety.* HOW TO COPE

What you can do to manage anxiety and fears from HelpGuide

STAY INFORMED, BUT DON'T OBSESSIVELY CHECK THE NEWS

**STICK WITH
TRUSTWORTHY
SOURCES**

**CDC
WORLD HEALTH ORG
PUBLIC HEALTH DEPT**

**LIMIT TIME SPENT
CHECKING UPDATES**

**WHEN: _____
FOR HOW LONG: _____**

**TAKE A STEP AWAY
FROM MEDIA**

**ASK SOMEONE
RELIABLE TO SHARE
IMPORTANT UPDATES**

**VERIFY INFO BEFORE
SHARING**

**WE NEED TO DO OUR
PART BY NO SPREADING
RUMORS AND CREATING
UNNECESSARY PANIC**

FOCUS ON THINGS YOU CAN CONTROL

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control.

WHAT CAN I CONTROL _____

PLAN FOR WHAT YOU CAN

Write down specific worries you have about how coronavirus may disrupt your life. If you start feeling overwhelmed, take a break. Make a list of all the possible solutions you can think of. Try not to get too hung up on “perfect” options. Include whatever comes to mind that could help you get by. Focus on concrete things you can problem solve or change, rather than circumstances beyond your control.

MY WORRIES

MY SOLUTIONS

TAKE CARE OF YOUR BODY AND SPIRIT

Eat healthy meals, get plenty of sleep, meditate, practice self care,

1. Be kind to yourself.
2. Maintain a routine the best that you can.
3. Take time for activities you enjoy.
4. Get out in nature, if possible
5. Find ways to exercise.
6. Avoid self-medicating
7. Take up a relaxation practice, like yoga or meditation

HELP OTHERS

At times like this, it's easy to get caught up in your own fears and concerns. But amid all the stories of people fighting over rolls of toilet paper or lining up outside gun stores to arm themselves, it's important to take a breath and remember that we're all in this together. As a quote circulating in Italy reminds us:

“WE'RE STANDING FAR APART NOW SO WE CAN EMBRACE EACH OTHER LATER.”

It's no coincidence that those who focus on others in need and support their communities, especially during times of crises, tend to be happier and healthier than those who act selfishly. Helping others not only makes a difference to your community—and even to the wider world at this time—it can also support your own mental health and well-being.

- Follow guidelines for preventing the spread
- Reach out to others in need
- Donate to food banks
- Be a calming influence
- Be kind to others



**Take a deep breath, get present in the moment
and ask yourself what is important in this very second?**