

# COVID-19

# MANAGING STRESS & COPING



The outbreak of coronavirus disease 2019 (COVID-19) can be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background and the community you live in.

Taking care of yourself, your friends and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

## 5 Things you can do to support yourself & others:

- 1. Take breaks** from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- 2. Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- 3. Make time to unwind.** Try to do some other activities you enjoy.
- 4. Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- 5. Call** your health care provider if stress gets in the way of your daily activities for several days in a row.

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People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or want to inflict self-harm call **911**.

*Substance Abuse and Mental Health Services Administration's (SAMHSA's)*

*Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.*

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