

MANAGING COVID-19 RELATED STRESS

Source: Centers for Disease Control and Prevention (CDC)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. 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.

STRESS CAN INCLUDE:

- Fear and worry about your own health/health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of substances

TAKE BREAKS

Take a break from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

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.

PRACTICE RELAXATION

Make time to unwind. Try to do some other activities you enjoy.

CONNECT

Connect with others. Talk with people you trust about your concerns and how you are feeling.

REACH OUT

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

WE ARE HERE TO HELP

Your Life Management Counselor is available to provide no-cost, confidential consultation for COVID-19 related stressors and other mental health and wellness topics.

Melissa Rosinski, LPC, Life Management Counselor

LMC@eller.arizona.edu

Be wEller Wellness Committee