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

Source: Centers for Disease Control and Prevention (CDC)