



10 Tips for Managing Stress During the Coronavirus Pandemic

The world as we know it has changed drastically because of the coronavirus pandemic. We are adjusting to new ways of working and living to slow down the spread of the virus. At the same time, many of us are experiencing increased stress levels and anxiety.

Check out the following strategies to help you manage during this time of uncertainty.

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- 1 Take a news break.** Consult just once or twice a day reputable sources like the CDC, the World Health Organization, or **your state** government websites.
- 2 Move more** by using online exercise options available or getting outside for a walk. Keep at least six feet between you and other people.
- 3 Accept what you can control** such as washing your hands, calling elderly neighbors, or practicing social distancing. **Let go of what you cannot control** like nursing home visiting rules, other people's behavior, or the stock market fluctuations.
- 4 Stay in touch with your people.** Stay apart to prevent the spread of the virus, but stay connected with friends and family via phone calls, FaceTime, or Zoom.
- 5 See to your own needs by creating a routine** around your self-care practices. Ask yourself, "What do I need to manage the day-to-day demands of work and family?" Take a walk after lunch. End your workday at the same time. Try a hot bath or other relaxing ritual before bed.
- 6 Don't deny your anxiety.** The more you try to ignore anxiety, the stronger it may become. Try to accept what you are feeling, notice where it "lives" in your body, and acknowledge it.
- 7 Make time to laugh.** Watch funny movies, television shows, or stand-up comedy. Google "funniest cartoons of 2020." Share funny memes. Be silly with your kids. Call or video chat with your funniest friend.
- 8 Download a meditation app** such as **Headspace**, **Insight Timer**, or **Calm**. YouTube also has guided meditations and options for practicing focused, calm breathing. Or, just breathe in through your nose, out through your mouth. Ten times. Repeat as necessary.
- 9 Listen to music.** Research has shown that listening to music can aid in concentration and even boost the immune system. Whatever genre of music helps you feel calm or lifts your mood, listen more.
- 10 Do a project or learn something new.** Clean out drawers, start a jigsaw puzzle, or finish that old knitting or woodworking project. Online classes, online museum exhibits, and other online "field trips" can help keep you safely connected to the world while settling your mind.