



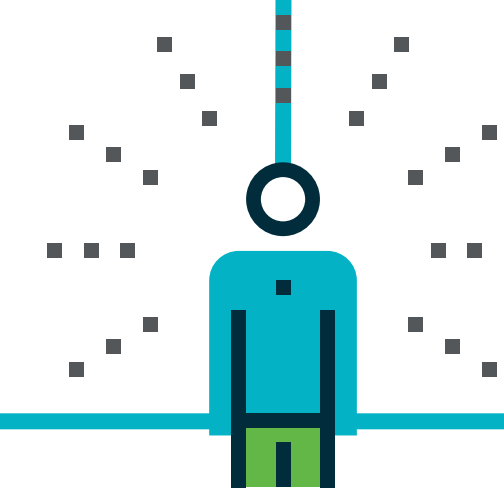
Managing Stress and Anxiety DURING COVID-19



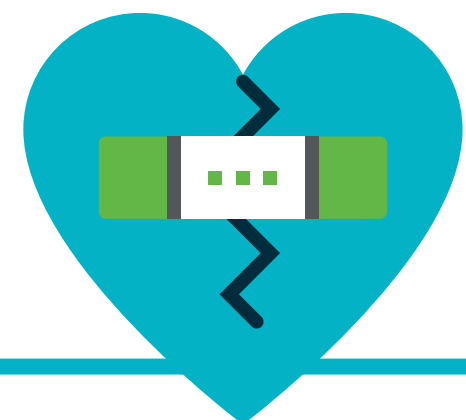
The fear and anxiety caused by the Coronavirus pandemic can be overwhelming. It is important to take the time to understand stress and anxiety in order to learn how to manage and cope effectively.



Stress is your body's way of responding or accommodating to our environment and its demands.
Anxiety is your body's response to potential stressors.



Stress is not inherently bad, and it is actually a protective mechanism called the fight-or-flight response. Our body is essentially warning us of potential danger by stimulating our parasympathetic and endocrine system. That is why during times of stress we have the need to either confront (fight) or avoid (flight) our problems.



If not managed properly, Stress and Anxiety cause a plethora of problems to your health, including but not limited to:

- Digestive problems
- Anxiety
- Headaches
- Depression
- Sleep problems
- Weight gain
- Memory and concentration issues
- High blood pressure
- Heart disease and stroke



According to the Center for Disease Control and Prevention (CDC), stress and anxiety can consist of:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs



To manage and cope with stress and anxiety during a pandemic, the CDC suggests that we:

Take breaks 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.

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

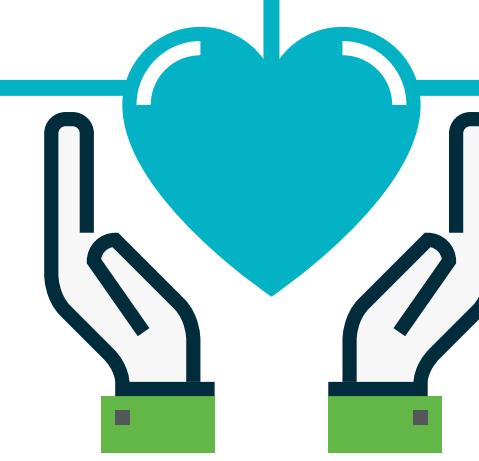
Connect with others. Talk with people you trust about your concerns and how you are feeling.

Below you will find information from credited sources to help during this time of need.



Mental Health:

- WHO: Coping with stress during the 2019-nCoV outbreak
- SAMHSA: Coping With Stress During Infectious Disease Outbreaks
- WHO: Helping children cope with stress during the 2019-nCoV outbreak
- Verywell Mind: How to Cope With Anxiety About Coronavirus (COVID-19)



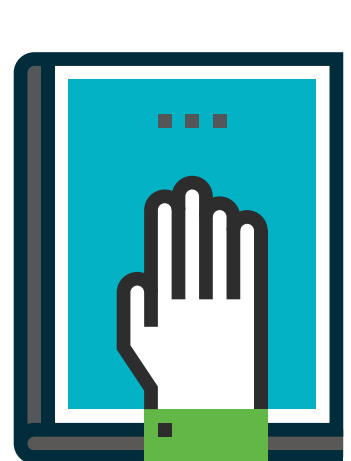
Self-Care:

- Child Mind Institute: Self-Care in the Time of Coronavirus
- Child Mind Institute: How Mindfulness Can Help During COVID-19
- Psychology Today: Self Care and COVID-19: Getting Ready for the Marathon
- Forbes: Practicing Self-Care Is Important: 10 Easy Habits To Get You Started



Working From Home:

- The Muse: 7 Essential Tips for Working From Home During the Coronavirus Pandemic
- Psychology Today: Self-Care: 12 Ways to Take Better Care of Yourself
- Forbes: 9 Tips To Be Productive When Working At Home During COVID-19
- Talkspace: 7 Tips for Working From Home With Your Kids During the COVID-19 Outbreak



References

- Cherry, K., & Gans, S. (2018, June 11). How the Fight-or-Flight Response Prepares Your Body to Take Action.
- Legg, T. (2016, July 25). Types of Stress.
- Centers for Disease Control. (2020). Stress and Coping.