YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Passing the virus onto others, especially those that are at high-risk
- Adjusting to a new reality for an uncertain amount of time
- Taking care of and supporting your family

Concern about the health of your friends and family
Financial stress
Not being able connect with friends and family the way you've used to
Shortages of certain common supplies

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Don't smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene
- You're house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME

- Don't overload your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

WHAT YOU CONSUME

- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high-demand so other people can have enough of the basics
- If you need to leave, get snacks and keep a supply of water at home if possible
- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 65% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid gathering people by shaking hands, hugging or hugging
- Keep a good distance between you and anyone who is coughing or sneezing
- Stay home if you are sick from getting medical care
- Connect with your friends and neighbors
- Clean and disinfect frequently touched surfaces

MY IMMEDIATE ENVIRONMENT

- Uncontrollable worry or dread
- Stomach and digestion problems
- Trouble with concentration, memory, or thinking clearly
- Increased heart rate
- Changes in appetite and difficulty sleeping
- Irritability and/or restlessness

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

- Feel anxious, nervous, or on edge
- Have trouble sleeping
- Feel restless
- Have trouble concentrating or making decisions
- Feel the need to be constantly on the move

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to reduce the amount of anxiety they are experiencing.

- Ask someone to text, call, or video chat
- Set reminders to exercise
- Use a mindfulness or meditation app
- Set 10 minute breaks to get up and stretch or take a walk. Use a timer
- Create a new routine
- Set boundaries with your phone

WHEN ANXIETY WON'T LET UP

If you're feeling overwhelmed by anxious feelings about the COVID-19 pandemic, there are additional resources you can take advantage of:

- Mental Health Screening
- Crisis Wellness and Teltherapy
- Find more information and resources about COVID-19 and mental health at mentalhealth.ourlife.org/covid-19

- It's free, private, and anonymous. Once you have your results, the MHA will give you information and resources to help you start to feel better.