



## **Top Ten Tips to Manage Your Stress and Anxiety During the COVID-19 Pandemic**

### 1. GET THE FACTS!

Get information that is accurate and up to date:

<https://www.cdc.gov/coronavirus/2019-ncov>

### 2. TAKE CONTROL OF WHAT YOU CAN!

Take an active role in limiting the spread of COVID-19 by frequent hand-washing, practicing social distancing, avoiding touching your eyes, nose and mouth and disinfecting frequently touched surfaces.

<https://globalhandwashing.org/wp-content/uploads/2020/03/stop-the-spread-of-germs.pdf>

### 3. KNOW HOW YOU EXPERIENCE STRESS!

*Behavior* – decreased energy, increased irritability, frequent crying, trouble relaxing or sleeping, excessive use of alcohol, substances, inability to feel pleasure, excessive worry

*Physical* – stomachaches, diarrhea, headaches, decreased appetite, tremors or muscle twitches, tension in neck/shoulders/back, easily startled

*Emotions* – feeling anxious, depressed, angry, guilty, overwhelmed by sadness

*Thinking* – having trouble remembering things, feeling confused, struggling with concentration, having difficulty making decisions

See also: <https://store.samhsa.gov>

### 4. BREATHE!

Practice STOP – stop, take a deep breath, observe your surroundings or your body and proceed with thoughtful awareness  
Develop a meditation practice such as “box breathing”

<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

<https://www.headspace.com/headspace-meditation-app>

5. STAY HEALTHY!

Hydrate – drink plenty of water; eat healthy foods, avoid excessive amounts of caffeine or alcohol, get plenty of sleep and rest. Consult your physician.

6. EXERCISE!

Instead of going to the gym or yoga studio, take a walk outside, lift some free weights in your home or start a simple exercise practice.

<https://www.shape.com/fitness/workouts/insanely-effective-15-minute-workout>

7. KEEP THINGS IN PERSPECTIVE!

Use your spiritual beliefs and practices to keep you grounded. Consider offering your assistance or support to someone less fortunate. Count your blessings daily. Make thankfulness a habit. Practice optimism.

8. CONNECT!

Practicing safe, social distancing does not meet isolating. Reach out by phone, skype, facetime and connect with friends, family and colleagues. Share your fears and worries with trusted others and listen to theirs.

9. SIMPLIFY!

Take this opportunity to find joy in your home...listening to music, reading, sharing an on-line movie with a loved one and using this time at home to de-clutter and organize.

10. ASK FOR HELP!

Call CONCERN – 800-242-7371 or 973-451-0025; we can offer confidential telephonic therapy to help you manage your stress and anxiety.