5 ways to ease stress and anxiety about coronavirus



It's normal to feel scared, anxious, and worried about the future during a crisis. Now is a time to be kind to each other – and to ourselves. Practicing self-care is more important than ever. As the situation continues to unfold, here are some simple things you can do to take good care of yourself.

1. Eat as healthy as you can

Don't forget the produce aisle when stocking up on essentials – in many markets, it's less crowded and better stocked than other sections.

2. Get creative with exercise

When you're worried, get out of your head and into your body. Have fun changing up your routine. Find a new yoga or cardio video online that you can try at home.

3. Talk and listen

Talk with people about how you feel – from a safe distance, of course. This can help everyone feel more connected and less alone.

4. Practice kindness

Simple gestures mean a lot, like offering to shop for a neighbor who may be more vulnerable. The benefits of kindness go both ways – helping others just feels good.

5. Rest and relax

Get enough sleep. It's important to replenish your energy and recharge your brain. Unplug and take breaks from the news, especially before bed.

Visit kp.org/selfcare for help with stress, sleep, and more

Most tools are available to everyone. Kaiser Permanente members can also access the myStrength app at no cost. myStrength offers personalized, interactive programs for mental health and emotional wellness, including tools designed to help ease fear and anxiety about coronavirus and COVID-19 specifically.*

*myStrength® is not currently available to Kaiser Permanente Washington members.

myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

Learn more at **kp.org/coronavirus**

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479661616 April 2020