MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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10 TIPS TO REDUCE COVID-19 ANXIETY

Focus on things you can control, such as your thoughts and behaviors.

Control how often you check the latest news.

Keep the big picture in mind. Humankind will survive this.

Model peaceful behavior for those around you.

Remember that the size of news coverage may not equal the size of a threat.

Evaluate your own health behaviors and be a model for others, including children.

Let wisdom and logic guide you.

Feeling too isolated? Maintain digital connections with people.

Turn to reputable sources for your news.

Don't let fear influence your decisions, such as hoarding supplies.

DO

VERSUS

DON'T

TIPS FOR MANAGING ANXIETY DURING COVID

DO	DON'T
Create a new daily routine to adjust to being at home consistently.	Allow yourself to become less active. You are more likely to spiral. Set that alarm, take that shower. Wake Up Wake Up.
Regularly engage in conversation via phone, text, video messaging, etc with family and friends.	Isolate yourself from your support system. Keep your phone on and charged. Answer calls and texts.
Limit your time in watching news coverage.	Allow your day to be consumed with negative images and news reporting.
Clear your space and environment.	Allow dishes, laundry, clutter to pile up. A cluttered home can cause you to become uneasy and claustrophobic of your environment.

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS.

TALK TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY OR YOUR FELLOW COMMUNITY MEMBERS.

Tips for managing anxiety with Covid-19 (Corona virus)

Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!

Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or home-schooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.

Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).

This is not an exhaustive list but just some suggestions that may be helpful! Please keep up to date with government guidance and take care of yourselves.