

COVID -19: Coping with All This Stress!

Stress is the body's physical, mental, and emotional reaction to any change that requires an adjustment or response. Although we are faced with stressors every day, and some stressors can be positive like getting a new job or getting a degree, extreme negative stressors such as the COVID-19 outbreak can bring about overwhelming and strong reactions.

Signs of Stress during an Infectious Disease Outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Concern that regular medical care or community services may be disrupted
- Feelings of sadness, confusion or anger
- Feeling socially isolated
- Feelings of grief and loss
- Worry about finances
- Changes in sleep or eating patterns
- Changes in energy and activity levels
- Difficulty sleeping or concentrating
- Worsening of chronic health and mental health concerns
- Increased use of alcohol, tobacco, or other drugs

Coping is changing your thoughts and behavior to manage stress. Ways to cope with the effects of COVID-19 are:

- **Take care of your body** – Try to eat healthy meals, drink plenty of water, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- **Connect with loved ones** -Maintain healthy relationships, and build a strong support system.
- **Take Breaks** – Make time to unwind. Take deep breaths. Do activities you enjoy.
- **Stay informed** – with accurate, reliable information from trusted sources. Avoid social media accounts and news outlets that promote fear or rumors.
- **Be patient with yourself and others** – It's common to have any number of temporary stress reactions such as fear, anger, frustration and anxiety. Hold an image in your mind of the best possible outcome.
- **Relax** your body often by doing things that work for you – take deep breaths, stretch or meditate, or engage in activities you enjoy.
- **Seek help when needed** – If stress affects your daily life for several days or weeks, contact your primary care provider who can assess and determine what type of help you need and can make an appropriate referral.

**VIDEO: Scan this QR Code to view our short video featuring GLBHC staff offering more tips.
Or visit [GreatLakesBayHealthCenters.org](https://www.GreatLakesBayHealthCenters.org)**



Seek help immediately if you have suicidal thoughts.

- National Suicide Prevention Hotline: 1-800 233-0022 or Crisis Text Line: Text Restore to 741-741