

COPING WITH COVID-19 STRESS AND ANXIETY

TIPS FOR COPING WITH STRONG FEELINGS RELATED TO COVID-19

Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.



Get Plenty of Sleep



Eat Healthy Foods



Exercise



Stay Hydrate



Meditate

Things to Do

Get Information from Trusted Sources:

Bay County Health Department
www.baycounty-mi.gov/health/covid19/

Michigan Department of Health and Human Services
<https://www.michigan.gov/Coronavirus>

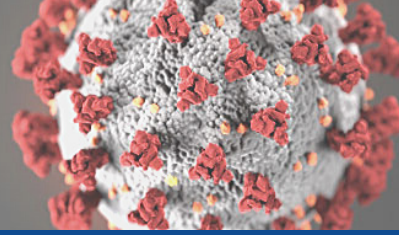
Centers for Disease Control
<https://www.cdc.gov/coronavirus/2019-nCoV/>

- Learn how you can protect yourself from COVID-19.
- Educate your self on how to properly clean your home.
- Make time to relax and unwind.
- Get outside and go for a walk.
- Connect with Family and Friends via phone calls, text, video chat, or face time.
- Keep participating in hobbies/activities that do not involve close contact with others.
- Incorporate stretching or meditating into your daily routine.
- Take deep breaths when you feel overwhelmed.
- Discuss your concerns with others .

Things to Avoid

- Avoid excessive exposure to media coverage about COVID-19.
- Avoid alcohol and other drugs.





COPING WITH COVID-19 ANXIETY

If you have a mental health condition continue with your treatment plan and monitor for any new symptoms. Call your health care provider with any concerns.

Recognize Signs of Distress In Adults

- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Feeling hopeless or helpless.
- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Increased use of alcohol, tobacco, or other drugs.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Recognize Signs of Distress In Children

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown.(toileting accidents or bedwetting)
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
- Poor school performance or avoiding school.
- Difficulty with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.

How to Support your Child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Call your healthcare provider if your feelings overwhelm you for several days in a row.

Call the Bay-Arenac Behavioral Health 24/7 Crisis Line 1-800-327-4693

