Coping with stress and anxiety during the Covid-19 outbreak

care®

It is **normal to feel sad, stressed, confused, angry or scared** during a crisis.
Talking to people you trust can help. Contact friends and family. Stay connected with loved ones at home and by email and phone with other family members and friends.

Rumors

Get the facts. Be aware of misinformation and rumors. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or a public health agency.

Limit worry and agitation by reducing the time you and your family spend watching, reading or listening to news that causes you to feel anxious or distressed.

Draw on things that have helped you to manage difficult situations and stress in the past. Use those skills to help you manage your emotions during the challenging time of this outbreak. Avoid harmful coping strategies such as smoking, alcohol or other drugs.

If you must stay at home, **maintain a healthy lifestyle** and engage in activities that you enjoy and find relaxing - including proper diet, sleep, body and brain exercises and leisure activities. Try as much as possible to keep your personal daily routines or create new ones.

Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support and the helper. Check in with neighbors or people in your community who may need some extra assistance, e.g. older persons, pregnant/ lactating women, persons with disabilities or pre-existing medical conditions. Be aware of your own health.
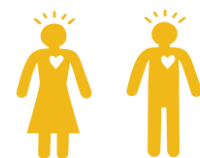
Find opportunities to **amplify positive and hopeful stories** of local people who have experienced COVID-19. Honor care givers, health-care workers and all those who play a role to save lives, who provide care and support and keep you and your loved ones safe.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Source : World Health Organsation (WHO)