

## Managing our emotional health through the Coronavirus

### *Coping strategies to help*

The recent precautionary measures recommended by our federal and local governments as well as the CDC regarding the COVID-19 (Coronavirus) have come with a variety of challenges and disruptions that can affect our emotional health. Managing our stress and anxiety levels during this time are equally as important as managing our physical health. The following are common reactions and effective strategies to help you and your loved one's cope.

### Common Reactions

- Difficulty concentrating and being preoccupied with virus concerns
- Irritability and becoming easily angry or annoyed with others
- Concerns about you or someone you know contracting the virus
- Information overload such as fixation on social media and 24/7 news updates
- Interpersonal work and family relationships negatively affected
- Physical reactions such as headache, sleep and appetite disruption, and isolation due to stress and anxiety

### Coping Strategies

- ✓ Focus on things you have control over when caring for you and family members.
- ✓ Practice social distancing without social isolating by using phone, skype, and other media outlets to stay connected.
- ✓ Maintain perspective while relying on trusted medical sources to determine best health practices.
- ✓ Try to stay with a routine schedule of activities to help normalize and gain a sense of control.
- ✓ Maintain a daily exercise program (get out of the house) to help reduce stress.
- ✓ Minimize over exposure of a 24/7 media coverage and news that can feed and elevate stress.
- ✓ Maintain a balance of positive activities throughout your week that bring enjoyment.
- ✓ Take "mindful timeouts" such as deep numbered breathing, meditation, prayer or other methods that can help you relax.
- ✓ Stay positive and find something to make you laugh every day.
- ✓ Talk with trusted family and friends about feelings and concerns with the goal of providing and receiving positive solutions.
- ✓ Seek out professional care if you need additional support to cope.