

## COVID-19 (coronavirus)

# 6 Tips for Coping with the Stress



**It's normal to feel sad, stressed, confused, scared or angry during a crisis.** Talking to people you trust can help. Get in touch with your loved ones and connect with them.



**Be aware that not everything being said about COVID-19 is accurate.** Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



**Limit your stress and fear** by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



**Do things you've done in the past** to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



**If you're staying home,** stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



**Deal with your emotions in a healthy way.** Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

*\*Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

*\*\*Adapted from the International Federation of Red Cross; data from the World Health Organization*