

# MANAGING YOUR FEAR & ANXIETY ABOUT CORONAVIRUS (COVID-19)



Fear and anxiety are typical responses to situations that are uncertain and that we can't control. Sometimes with large scale events fear and anxiety may become overwhelming, particularly for people who may already experience mental health conditions, for children, or for people helping to respond to the event. Typical reactions might include:

- Increased worry about your health or the health of your loved ones
- Changes in sleep patterns like difficulty falling or staying asleep
- Changes in eating patterns
- Difficulty concentrating
- Worsening of chronic health problems

Here are some helpful ways to manage any anxiety you may be experiencing related to Coronavirus:

- **Continue Treating Conditions** – If you have existing mental health or physical health conditions, continue working with your provider(s) on any treatments you are currently undergoing.
- **Control Information Access**– Find a credible, trusted source of information like the CDC or your state public health agency. Stay informed so you are aware of current information like precautions, warnings, or quarantines but be careful about overloading on information. Spending large amounts of time with media coverage can increase your feelings of anxiety. Checking your trusted news source once or twice a day should provide the information you need.
- **Plan Ahead** – Often our anxiety increases when we feel a loss of control. While we can't control if we come in contact with Coronavirus, there are some things within our control. Make plans now for how you would address school, work and childcare if you, or other family members, were to get sick or schools/business close. Talk to your doctor about any prescription medications that may require refills. Take an inventory of non-perishable groceries and over-the counter medications you may want on hand in the event of sickness.
- **Stay Connected** – Talking to family and friends can be very helpful in relieving stress and anxiety.
- **Routine** – Maintain your routine, as best you can, while complying with public health recommendations. Walking the dog, preparing meals, and going to bed and waking up at the same time are helpful in creating a sense of normalcy which helps reduce stress.
- **Get a Good Night's Sleep** – Research shows many benefits of a good night's sleep including reducing stress and anxiety.
- **Breathe** – Regularly practicing relaxation techniques like deep breathing, mindfulness, and meditation can help reduce stress and anxiety. Taking a break and engaging in an activity you enjoy like watching a favorite show or playing a game can also reduce stress and anxiety.
- **Take Basic Precautions** – Take the recommended precautions to help stay healthy like washing hands for 20 seconds, avoid touching your face, and staying home when sick can help you feel more in control. The U.S. Centers for Disease Control is a reliable source for precautions.
- **Contact the SAP** – People who may be experiencing an overwhelming nervousness would benefit from talking to a mental health counselor who can help people cope with extreme stress. Counseling services are available by telephone or by video-enabled technology.

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For more information, contact us 24/7/365

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## Additional Resources

[Centers for Disease Control Coronavirus Disease 2019 \(COVID – 19\)](#)  
[World Health Organization](#)

## Sources

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