YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Panning the virus onto others, especially those that are high-risk
- Adjusting to a new reality for an uncertain amount of time
- Taking care of and supporting your family

Concern about the health of your friends and family

Financial stress

Not being able to connect with friends and family the way you’re used to

Shortages of certain common supplies

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene
- Don’t oversaturate your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

WHAT YOU CONSUME

YOUR IMMEDIATE ENVIRONMENT

YOUR MIND AND BODY

YOUR PREPAREDNESS

WHAT YOU PREPARE

- Keep 3-4 weeks of food on hand
- Avoid overstocking on supplies that are in high-demand so other people can have enough of the essential basics
- If you take medications, get enough and keep a supply months at home if possible

- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid gesturing by shaking hands, hugging or frowning
- Keep a safe distance between you and anyone who is coughing or sneezing

- Stay home if you are sick and unable to get medical care
- Connect with friends and neighbors
- Clean and disinfect frequently touched surfaces

- Sleep away from people who are sick

UNCONTROLLABLE worry or dread

Stomach and digestion problems

Trouble with memory, concentration, or sleeping difficulty

Increased heart rate

Changes in appetite and difficulty sleeping

Imbility and/or restlessness

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience exaggerated feelings of worry and tension. Some common symptoms include:

- Inconstant chills of anxiety, feeling like you’re going to pass out or have a panic attack. Panic attacks often are so intense for heart attack or fear, and usually go away when people are able to talk to someone else about their fears and can practice slow breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

- When anxiety won’t let up

If you’re taking steps to manage worry and anxiety during the COVID-19 crisis but they don’t seem to be helping, there are additional resources you can take advantage of:

- Mental Health Screening
- Crisis Wellness and Telephone
- Mental Health Screening
- Crisis Wellness and Telephone

When anxiety won’t let up

If you feel like you’re struggling with your mental health, visit mhaccessing.org to check your symptoms.

If you experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year.

- Set a timer for when you get up in the morning to start your daily routine
- Create a new routine
- Take 10 deep breaths when you feel stressed

- It’s free, private, and anonymous. Once you have your result, the MHA will give you information and resources to help you start to feel better.

- Ask someone to come over and help you feel better. Call, text, or use a video call if you need facetime.
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- Use resources like online support groups or the COVID-19 helpline (877-987-4673)
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- Set your phone with your phone

Find more information and resources about COVID-19 and mental health of mentalhealth.org/tel-18-855-933-5999 or text “MHA” to 788-471-7874.

If you are in crisis or thinking about suicide, get help right away from a mental health crisis center and get in touch with someone immediately.

Call 1-800-273-TALK (8255) or text “MHA” to 788-471-7874.