

# MANAGING COVID-19 RELATED ANXIETY



## REMEMBER: YOU ARE NOT ALONE

Feeling anxious in response to a threat is a normal human reaction. People who experience anxiety and anxiety disorders are likely to have a hard time during the COVID-19 Pandemic.

## TAKE MEDIA BREAK!

Overexposing to social media may cause you to feel overwhelmed or anxious. Taking breaks from social media and other forms of media platforms may be helpful. Set aside a specific time each day to keep yourself informed. Make sure to access trusted sources of information like the Center for Disease Control (CDC) website.



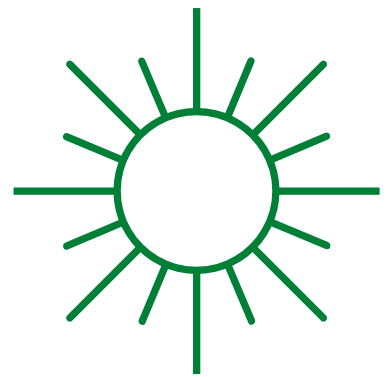
## DO YOUR PART!

Make sure to follow CDC and state guidelines in proper hand washing, social distancing, and protective measures. Make sure you are getting enough sleep, avoid touching our face and cover your cough/sneeze. Stay at home if possible, and limit all exposure when grocery shopping by covering your face. Make your own DIY mask by using things at home. (including bandanas, shirts, etc.)



## SELF-CARE

Set aside some time to focus on the here and now. Take a break from work, school and other demands. Do one thing for yourself each day. Go outside, take a walk, watch a movie, light a candle, bake some brownies, take an online dance class, or call a friend. The possibilities are endless!



## TALK TO FAMILY AND FRIENDS

Being away from friends and family can be very difficult. Make sure to find time to connect with friends and family. You can call, text or use apps like Facetime and Zoom to video chat!

## GET HELP IF YOU NEED IT

We are here to help! If you have tried some of the above tips and your anxiety is still causing problems, call us for a FREE Teletherapy (therapy via video conferencing) appointment with one of our licensed therapists.



MANY PEOPLE ARE FEELING ANXIOUS DURING THESE UNPRECEDENTED TIMES, FOLLOWING SOME OF THESE STRATEGIES MAY HELP ANXIETY FROM BECOMING A PROBLEM. WE WILL GET THROUGH THIS TOGETHER. CALL US TO SCHEDULE AN APPOINTMENT!