How to deal with anxiety due to (COVID-19)

1) Find a reliable source of information- Sites such as the Centers for Disease Control and the World Health Organization are reliable and reputable sources to obtain information.

2) Analyze your risk- Are you nervous about whether you’ve been infected? Analyze whether you’ve been near of someone who’s tested positive. Are you currently exhibiting any symptoms?

3) Control what you can. Are you following the recommended guidelines for reducing your risk?

4) Set a time to worry- If you cannot stop the worry, designate “worry time” to do your worrying, so that it doesn’t impact your whole day.

5) Exercise- Take a walk or engage in indoor exercises, such as watching instructional exercise videos online.

6) Relaxation- Watch YouTube videos (Guided visualization, deep-breathing)

7) Schedule- Stick to a schedule. Schedule a time for enjoyable activities, such as watching television.

8) Journal- Start a gratitude journal. Write down 3 things that you are grateful for everyday.

9) Limit caffeine- If you are feeling anxious and/or have sleep disturbances, limit your intake of caffeine.

10) Go to bed at a consistent time