

## 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