



## Coping with Stress and Anxiety Prompted by the COVID-19 Pandemic

It's only natural that the events occurring in our world related to COVID-19 might cause increased stress and anxiety. It's important to know how to what you can do help manage your stress during this difficult time:

### Know the Signs of Stress

It's not uncommon to experience the following examples of reactions in response to a significant crisis of this nature:

- **Behavior:** irritability, trouble relaxing, excessive worrying, frequent crying
- **Body:** stomachaches, headaches, sweating, chills, tremors, appetite changes
- **Emotions:** anxiety, depression, guilt, anger, sadness, vulnerability
- **Thoughts:** confusion, lack of concentration, difficulty making decisions

### Know How to Relieve Stress

Take time to care for yourself; these strategies can help:

- Keep things in perspective. Focus on things you can control.
- Get the facts. Consult trusted resources, like the CDC and WHO.
- Keep yourself healthy. Eat healthy foods. Drink water. Get enough rest.
- Use practical ways to relax. Talk with loved ones. Stretch. Breathe deeply.
- Pay attention to your body, feelings and spirit.

### Know When to Seek Help

If you or someone you know shows signs of elevated stress for days or weeks, get help by accessing a resource such as one of these:

- Employee Assistance Program (EAP), such as TriHealth EAP, if offered by your employer.
- AMHSA National Helpline: 1-800-662-HELP (4357)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)