

Managing Concerns and Anxiety Around Coronavirus (COVID-19)

As more information regarding COVID-19 becomes available, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions

You may experience a wide range of reactions over the next few days or weeks:

- Anxiety, worry, stress
- Feelings of helplessness
- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body
- Social withdrawal

Ways to Manage Concerns & Anxiety

There are many simple and effective ways to manage your concerns and anxieties:

- **Get the facts:** Stay informed with the latest resources.
- **Keep things in perspective:** Remember to take a break from watching the news and focus on the things that are positive in your life.
- **Stay healthy:** Practice good hand-washing and basic hygiene. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick. Practice self-care!
- **Keep connected:** Keeping in contact with friends and family can help maintain a sense of normalcy (even remotely). These groups provide valuable outlets for you to share feelings and relieve stress.
- **Stay regulated:**
 - Remain calm & pause: Take a few conscious breaths. Ground yourself through your feet and body. Slow things down.
 - Ask yourself: What do I know to be true right now, in this moment? What do I need right now, in this moment?
- **Be mindful of your assumptions about others:** Do not make determinations of risk based on race or country of origin, and be sure to maintain confidentiality of people with confirmed COVID-19. There is much more to learn about the transmissibility, severity, and other features of COVID-19 and investigations are ongoing.

More Resources:

- If you are feeling overwhelmed with worry or anxiety, seek out professional support through the Employee Assistance Program (EAP). Call 815.748.8334.