

# Self-Care During COVID-19 Outbreak

## FEAR & ANXIETY

With the uprising cases of COVID-19, it's normal to get fearful and feel panicked. There are many things you can do to combat these feelings. Meditation and mindfulness activities are a great resource for children and adults.

*Understanding facts about COVID-19 and the actual risk to yourself and others around you can make the outbreak less stressful.*

## EVERYONE REACTS TO CRISIS SITUATIONS DIFFERENTLY

People who might respond strongly to this situation:

- Older people & those with chronic disease
- Children & teens
- Those working closely with the virus (hospital workers, first responders, healthcare workers)
- Those with mental health conditions

## STRESS & ANXIETY DURING INFECTIOUS OUTBREAK CAN INCLUDE

- Fear and worry about your health and the health of your loved ones
- Changes in sleep or eating habits
- Difficulty concentrating
- Increase use of alcohol or other substances
- Excessive irritation in children
- Avoidance of activities that were enjoyable

**Mindfulness can help you recognize moments when you begin to feel overwhelmed.**

## WHAT YOU CAN DO TO REDUCE STRESS

- Get a good night's sleep
- Limit television & social media
- Take deep breaths
- Calm your thoughts
- Stretch or meditate
- Eat well-balanced meals
- Talk to people you trust

**If you, or someone you know, are feeling overwhelmed with emotions like sadness, anxiety, and depression, or want to harm yourself or others, call**

- 911
- Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline 1-800-985-5990 or TEXT TalkWithUs to 66746