

## **COPING WITH COVID-19**

### **Know the signs of stress**

Your behavior:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol or tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Difficulty with relaxing or sleeping
- Frequent crying
- Blaming other people for everything
- Difficulty with communicating or listening
- Difficulty with giving or accepting help

Your body:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

Your emotions:

- Being anxious or fearful
- Experiencing an inability to feel pleasure or have fun
- Feeling depressed, feeling guilty or angry
- Wanting to be alone most of the time
- Feeling heroic, euphoric or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

Your thinking:

- Having trouble remembering things
- Feeling confused
- Trouble thinking clearly and concentrating
- Worrying excessively
- Having difficulty making decisions

### **Know how to relieve stress**

Keep yourself healthy:

- Eat healthy foods and drink water
- Avoid excessive amounts of caffeine and alcohol
- Do not use tobacco or illegal drugs

- Get enough sleep and rest
- Get physical exercise

Use practical ways to relax:

- Relax your body often by doing the things that work for you—take deep breaths, stretch, meditate, engage in pleasurable hobbies
- Pace yourself between stressful activities and do a fun thing after a hard task
- Use time off to relax—eat a good meal, read, listen to music or talk to family
- Talk about your feelings to loved ones and friends often

Pay attention to your body, feelings and spirit:

- Recognize and heed early warning signs of stress
- Recognize how your own past experiences affect your way of handling this event, and think of how you handled past events. Focus on the ways you handled them well.
- Know that feeling stressed, depressed, guilty or angry is common after a traumatic event
- Connect with others
- Take time to renew your spirit through meditation, prayer or helping others in need
- You can manage and alleviate your stress by taking time to take care of yourself

### **What you should know**

The COVID-19 pandemic has been traumatic for many people, much like any natural disaster. After a traumatic event, it's important to monitor your physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress. And know when to get help.