

Emergency Preparedness

Managing Covid-19 Anxiety

By Sandy Monza, LMFT

During this Coronavirus pandemic, you are washing your hands frequently, using sanitizer, avoiding touching your face, and, are coughing into your elbow. You have gotten several weeks of supplies and you are socially distancing yourself from others and decreasing outside contacts. You are sheltering in place. If you feel sick, stay at home and call your physician. You are controlling those things that you can. Feeling anxious is a normal reaction in an uncertain time. But sustained anxiety interferes with constructively responding to a crisis situation.

Here are some other things that you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy. Spend time outdoors in the fresh air. Read a good book
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- If anxiety is so overwhelming that it interferes with your functioning and your relationships for a number of days, do seek professional help from your doctor or mental health professional.