



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 what you can do to 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)