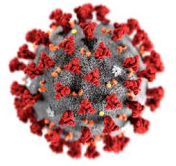


COVID-19 Anxiety & Stress Management Provided by the CDC



<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19
- People who have mental health conditions including problems with substance use

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media
- Take care of your body.
- Make time to unwind.
- Connect with others
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others:

- Sharing the facts about COVID-19 and understanding the actual risk.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

For Parents:

Some common changes to watch for in children include:

- Excessive crying or irritation in younger children
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Reassure your child or teen that they are safe.
- Let them know it is ok if they feel upset.
- Share with them how you deal with your own stress so that they can learn how to cope from you.

For Responders:

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

If you, or someone you care about, are feeling overwhelmed with emotions like: sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- **Tennessee State Crisis Line:** 855-274-7471
- **Crisis Text Line:** Text HOME to 741741
- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline:** 1-800-985-5990 or text TalkWithUs to 66746. For the hearing impaired: TTY 1-800-846-8517