WHAT CAN YOU DO?

Limit media and social media exposure.
Turn off the television and/or alert messaging on your phone if it is increasing your distress. Exposure to media can be healthy or unhealthy, for some individuals knowing helps to feel a sense of control over the situation while for others it may reinforce anxiety and fear.

Anticipate stress reactions.
Emotional distress is common and normal in the context of uncertainty and potentially life-threatening situations, such as the Covid-19 pandemic. Remember your coping skills and ask yourself, what can I do to take care of myself right now?

Focus on what you have control over, YOURSELF.
When we focus on the uncertainty in the world, our anxiety and stress increases. Instead, focus on taking care of yourself by making sure you are eating, staying hydrated, exercising, and getting plenty of rest. Take this time to do things that are enjoyable, even if you don’t feel like it. If possible, stick to your routine.

TAKING CARE OF YOURSELF

Taking care of ourselves during uncertain times is the key to getting through it. Remember to give enough attention and care to both your physical and mental health.

COVID-19

Infectious disease outbreaks, including Coronavirus (COVID-19) created a new type of crisis with a great deal of uncertainty about the nature of the disease, its spread, and its impact. This will understandably, affect individuals’ emotional and mental health wellbeing- even among those who have not been directly exposed to the disease. Reactions to a crisis can appear very different from person to person and can occur at any time. Please consider the following recommendations for promoting your mental wellbeing during this time.

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