

# How to Cope with Stress Caused by COVID-19



## Stress Facts:

Everyone experiences stress in their life. Not all stress is bad. Everyone copes with stress differently. There are unhealthy as well as healthy coping strategies.



## Coronavirus Worries:

The COVID-19 outbreak adds traumatic stress for everyone.

## Healthy Ways to Manage all Types of Stress:

- **Keep a routine.** Including getting up in the morning, meals and going to bed (get plenty of sleep).
- **Eat as healthy a diet as you can.** Stay hydrated and avoid too much snacking.
- **Stay active.** Try to do something active each day. This may include stretching, yoga, and dancing as all can be done at home. Walking is a great exercise, chose uncrowded places and look for beauty while walking.
- **Keep busy.** Read, listen to music, paint, draw or do other crafts or hobbies that you enjoy.
- **Keep in touch with people** in safe ways - with telephone calls or video chats.



- **Meditate, practice relaxation,** start or continue a daily gratitude journal, and/or pray.



- **Don't forget that laughing** is also a known way to soothe tension and relieve stress.



**To Help Cope** with the stress of the COVID-19 outbreak, try to:

- **Get the FACTS** from reliable sources.
- **Limit** how much time you spend watching TV, listening to radio news coverage or following COVID-19 on social media to 30 minutes in total a day.
- **Talk to family and friends** on the phone or via facetime or skype. Take time to share your concerns and listen to each other's feelings.

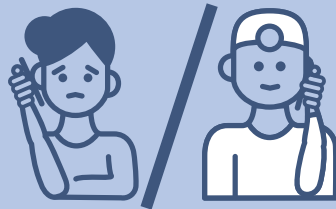
**Center for Disease Control:**  
[www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)

**New Jersey Department of Health**  
[www.covid19.nj.gov](http://www.covid19.nj.gov)



## **Extreme Anxiety and Harming Yourself:**

**If your anxiety is extreme or interfering with your daily life** (eating or sleeping), call and talk to your doctor. Call the SAMHSA free 24 hour **Disaster Distress Helpline at 1-800-985-5990**, if you feel lonely or need support.



**If you are starting to think about harming yourself:**

Call the 24-hour **National Suicide Prevention Lifeline @ 1-800-273-TALK (8255)** Service is confidential and available 24/7.



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