

Tips for Managing Concerns & Emotions about COVID-19

The global spread of coronavirus presents rapidly changing circumstances and unpredictable challenges.

It is our goal to provide useful resources as you navigate **how to care for yourself and our larger community.**

- Stay up-to-date about [COVID-19](#)
- Taking care of your behavioral health during an infectious disease outbreak is incredibly important to help **#FlattenTheCurve** of Coronavirus. Learn how to do your part with [tips for Social Distancing, Quarantine, and Isolation](#) to protect you and others.

When we feel powerless, we often look for something - or someone - to blame. Learn [how to prevent and address fear and bigotry](#) when it happens. You can also read up on [how to support college students](#) during COVID-19.

Living during an outbreak can be stressful for many different reasons. Learn the [common signs of stress and how to recognize when to get help](#). You're not alone!

For those of us who already struggle with anxiety, living with this new uncertainty can be extra difficult. Fortunately, there are things you can do!

- [Taking care of your mental health \(AFSP\)](#)
- [Science based strategies to cope](#)
- [Mental Health & Coping during COVID-19 \(CDC\)](#)



Should you or someone you know be in need of support by a mental health professional, contact your insurance company's behavioral health department for a referral, or [find a licensed professional in your area.](#)
<https://www.psychologytoday.com/us>

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Living during an outbreak can be stressful for many different reasons. Practicing healthy self-care and coping is especially important as we attend to not only our physical needs, but mental and emotional needs as well. Here are a few tips to help you stay grounded, healthy, and connected (even from 6 feet away).

→ Pay Attention to Your Reactions.

It is normal to experience stress, anger, anxiety, and fear during a crisis. Being aware of your reactions can help you decide what you need to cope with these feelings.

→ Take A Break + Relax.

There is life outside of the current crisis. Make sure to schedule a break and relax. Continue to do things you enjoy, such as meditation, listening to music, coloring, etc. Different coping strategies work for different people so use what has worked for you in previous times of stress.

→ Be Kind to Each Other.

Remember that COVID-19 doesn't recognize race, nationality, or ethnicity. Wearing a mask doesn't mean a person is ill. Being compassionate is the best thing we can do for ourselves and our communities right now.

→ Maintain a Healthy Routine.

As much as possible, it's important to maintain your regular schedule for sleeping, eating, studying, working, socializing, etc. Don't use smoking, alcohol, or other drugs to cope with your stress as these may reduce your body's capacity to heal itself.

→ Be Careful About Your Information Consumption.

Too much information leads to overload and more stress so try to limit your exposure to news and information regarding the virus. Choose a reputable and non-sensational news source, such as the CDC or King County Public Health.

→ Connect with Others.

When in distress, you may feel lonely and isolated. You can benefit from connection with others where you can provide and receive support from each other. Stay in communication with friends and family through video chat and text, even if you have to self-isolate, quarantine, or are just practicing good social-distancing to limit the spread of the virus.



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