Managing Stress and Anxiety During the COVID-19 Outbreak

It is natural to feel stressed and anxious during a disease outbreak. In times like these, it's important to know the signs of stress, how to lower stress, and when to get help.

Knowing the signs of stress:

Stress can affect your thoughts, feelings, and actions. Most symptoms of stress only last for a short time. However, if your symptoms get worse or don't go away, you may need to seek help.

Normal symptoms of stress:	Symptoms to watch for:
- Fatigue (feeling very tired or weak) - Headache - Stomachache - Trouble sleeping - Eating more or less than usual - Feeling angry, irritable (annoyed) or worried - Trouble focusing - Feeling sad or anxious	- Prolonged (lasting for a long period of time) and/or overwhelming feelings of worry or anxiety that prevent you from carrying out your daily tasks - If you have major changes to your: - Energy level - Eating habits - Sleeping habits - Feelings of hopelessness - Thoughts of self-harm or suicide

Tips for lowering your stress:

- **Make time for activities you enjoy.** Do activities that make you feel relaxed. Listen to music, start an art project, or read a good book!

- **Stay connected with friends and family members.** Catch up over a phone call. Eat a meal together or have a coffee date over video chat!

- **Take care of your body.** Eat a healthy meal. Try some at-home exercises to keep your body moving. Get a goodnight's sleep.

- **Pay attention to your mental health.** Take time to reflect, meditate, or journal to help clear your mind.

- **Manage your workload.** Try to find balance between work and home life. Take breaks and time away from work when needed.

- **Keep a daily routine for yourself.** Having a solid daily routine will help things feel normal. Try doing some stretches and making a cup of coffee as a part of a morning routine.

If you need to seek help:

If you are feeling overwhelmed or need help coping with stress, reach out. Resources and support are available that can help you better manage your stress.

- **NYC Well** is a private 24/7 helpline. NYC Well is run by trained counselors who can offer counseling and referrals to care.

  - **Call** 888-NYC-WELL (888-692-9355)
  - **Text** "WELL" to 65173
  - **Chat** at nyc.gov/nycwell

- **Ask to speak with a CHN social worker to get support.**

Community Healthcare Network

Healthcare for All. | 866.246.8259 | www.chnnyc.org

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