Stress and Anxiety Related to COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions. In a time where social distancing is required, it is important to stay connected to your emotions and how you feel.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of 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

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to participate in activities you enjoy that are available to you.
- Connect with others as best as you can. Talk with people you trust about how you are feeling.

Understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Don't hesitate to reach out to Employee & Family Resources to use your EAP benefits during this time.

Life Happens, We're Here to Help

800.327.4692

Web Chat: www.efr.org/login/employees/resources

Appointment Form: www.efr.org/contact

EFR EMPLOYEE & FAMILY RESOURCES

**Sourced and adapted from the Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html*