With the ever changing environment we want to continue to ask you to take care of yourself. Below are a few anxiety tips to help:

- **Practice self-care** – get sleep (seven hours), exercise, sunlight, eat well
- **Avoid information overload**. Schedule a specific amount of time each day to NOT read, talk or think about coronavirus. Think about limiting exposure to repetitive news (heightens anxiety but does not add new or useful information).
- **No 'exposure' to coronavirus information in the hour before bedtime.**
- **"What if" and "Catastrophizing"** are thought and speech patterns that produce anxiety and panic. They are important tools for emergency planning, but it's not helpful to ruminate for long periods of time on worst case scenarios. If you notice this happening, try this: 1. Imagine the worst thing that could happen. 2. Imagine the best thing that could happen. 3. Say this out loud: *"The worst or the best thing almost never happen – something in between will happen AND I know that I will be able to deal with it."*
- **'Social distancing' refers to physical distancing – not emotional distancing**. Do stay in touch with people via phone, social media or other means!
- **Talk about your worry and anxiet**y and encourage others to share their feelings as well.
- **Seek professional help if you feel that you are becoming overwhelmed with anxiety or panic**. You need to continue to function at your best! Unity has an EAP that could be very useful.

Thank you to Jennifer Pauk, Director of Behavioral Health for this guidance!