

Coping with COVID-19 Related Stress



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.

Be Kind to each other:

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

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



Maintain a Healthy Routine:

It is important to maintain your regular schedule for sleeping, eating, studying, working, socializing and etc... Don't use smoking, alcohol or other drugs to cope with your stress. (This may reduced your body's capacity to heal itself)



Limit Information: 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 in what you are going through. You can benefit from connection with others where you can provide and receive support from each other. Talk to your friends and family.



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