Managing Stress During COVID-19

Self-isolation and social-distancing have become the new normal for everyone. The news of COVID -19 has caused a number of concerns and triggered a host of stressors for many people.

How can we manage our stress?

Fear and anxiety about COVID-19 can be overwhelming and cause strong emotions and reactions. Learning how to cope with stress and staying healthy while at home will make you and the people around you feel better about the current situation.

When you are feeling overwhelmed, here are some things to consider:

1. **Information is useful:** However, too much information can be unhelpful. Limit the time you spend listening to the news or social media feeds. Try tuning in once a day to gain new information from credible and reliable sources. There's no benefit to watching the same news over and over. The key is knowing when to cut yourself off when you think it may be causing more stress.

2. **Take action by doing things within your control:** Anxiety often stems from feelings of powerlessness. Finding tasks that make you feel in control can be helpful. Take one thing at a time and focus on what's immediately in front of you. This will help to ease some of the discomfort you may experience from your anxiety.

3. **This is Temporary:** Remind yourself that this pandemic is temporary. Self-isolation, self-distancing and adhering to the recommended safety precautions are important for slowing down the virus and protecting us all but it will end at some point.

4. **Take the proper and recommended precautions:** The recommendations provided by health officials are easy to follow and will keep you safe. Stay home, practice social distancing/isolation and wash your hands. Try not to fixate on all the dangers but manage your safety wisely and calmly.

5. **Keep up daily routines:** Maintaining a regular schedule and routine is a good way to keep anxiety at bay. Even if some changes need to be made, maintaining an overall routine is helpful. This can include waking up at the same time, exercising, eating healthy and balancing family and work obligations.

6. **Stay Connected:** Fear of spreading the disease can cause some people to withdraw socially but maintaining relationships and social supports are good ways to combat anxiety. Even if you are in self-quarantine, keep up social interactions by using video chat platforms, phone calls or text messages. Be aware of how much time you are on the phone or computer, social media or websites as this can lead to less activity and more anxiety.

7. **Self-care:** Your emotional and physical well being is crucial and something that you can control. Be sure to fuel your body by eating a healthy, well-balanced diet, drink plenty of water, get eight hours of sleep each night, exercise every day, take deep breaths and stretch often. It might also be helpful to try to spend some time outside. Something as simple as going for a walk can be helpful. Make sure that you follow social distancing guidelines.

If you are feeling stressed and concerned about COVID-19, HumanaCare is here to help.

Our team of clinicians can discuss all options available to you and your family to provide the best possible support. We are available 24 hours a day, 7 days a week by calling **1-800-661-8193** or visiting **humanacare.com/service-request** and filling in a service request.

1-800-661-8193

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