How to Cope with the stress of a Pandemic……when I would rather be sitting on a beach in Bermuda!!!

It is normal for adults and children to experience anxiety during stressful events like the coronavirus pandemic.

Whether it is fear of contracting COVID-19, disruptions to work and school schedules, or countless related concerns, stress is an expected and normal response.

Steps to care for yourself

- **Take care of your body**
  - * Continue social distancing.
  - * Eat healthy, exercise each day, get plenty of sleep, and avoid alcohol and drugs.
- **Connect**
  - * Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- **Take breaks**
  - * Make time to unwind. Try to return to activities that you enjoy.
- **Stay informed**
  - * Make use of reliable information sources.
- **Avoid**
  - * Reduce excessive exposure to media coverage of the pandemic.
- **Maintain routine**
- **Practice gratitude**
  - * Try to focus on what you value and what you are grateful for.

How to Help Your Children

- Talk with them.
  - * Share age-appropriate information.
  - * Reassure them.
  - * Address rumors.
  - * Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the pandemic.

Common Signs of Distress

- Feeling anxious, fearful, or angry
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Increased use of alcohol, tobacco, or drugs
- Loneliness associated with feeling cut-off
- Worsening of chronic health problems

For further assistance

- Contact Behavioral Health at 715-799-5451