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

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