



# TIPS TO REGAIN YOUR CALM

## ANXIETY ON THE RISE? CALM YOUR COVID-19 CONCERNS

### **Avoid Information Overload**

It's important to stay informed, but there is a point where it becomes too much. Reading all the news and updated headlines won't reduce your risk of getting the virus. Try unplugging or turning off news notifications and occasionally check in every few days.

Turn to credible sources (i.e. WHO, CDC, etc.) and don't trust everything you see on social media. Just because something has a high number of shares or retweets, doesn't mean the information is true or accurate.

### **Make a Plan**

Usually anxieties surrounding COVID-19 stem from uncertainty or a loss of feeling in control. Be clear on what procedures to follow in your workplace if you are feeling sick or how your company will handle missing work - especially if you don't have a work from home option.

Try to be prepared with any supplies you need as well. While you don't need gallons of hand sanitizer or multiple cases of toilet paper, make sure you have enough food and medications for a couple weeks at a time.

### **Continue (or Increase) Healthy Habits**

Some people tend to cope with stress or worries by consuming increased amounts of sugar, processed foods, or alcohol. These types of foods can increase inflammation and suppress immune function. Instead, opt for whole foods.

Don't neglect exercise and sleep. They can also work wonders for improving your mood, reducing stress, and boosting your immunity.

*If these tips don't help and stress or anxiety causes significant disruptions in your daily life, consider talking to a counselor, your healthcare provider, or calling a helpline.*