



Coping with Stress

The Centers for Disease Control and Prevention has reported that the outbreak of COVID-19 has been stressful for the majority of the world's population as they deal with fear and anxiety about this virus. Coping with stress will make you, your patients, your community and the people you care about, stronger. People who may respond strongly to the stress of a crisis include:

1. Older people and people with chronic conditions.
2. Children and teens.
3. Healthcare providers, including first responders.
4. Those with mental health conditions, including problems with substance abuse.

What you can do to support yourself and others:

1. Take a break from watching, listening and reading about the pandemic.
2. Take care of your body. Eat healthy foods, exercise and get plenty of sleep.
3. Make time to unwind, taking breaks is important.
4. Connect with others. Share accurate information about COVID-19 with friends and family.
5. Reassure your children that they are safe. Let them know it's OK if they are upset about changes that have occurred.