

Managing Anxiety About the Corona Virus

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

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For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

HOW TO MANAGE ANXIETY

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. Break the stigma!

Rationalize

Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it takes that you are okay.

Schedule

If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to self-soothe.

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