

## Information about Stress and Coping During COVID-19

The outbreak of coronavirus disease (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**

Stress during a disease outbreak can include:

- Fear and worry about your health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol and other potentially harmful activities

Everyone reacts differently to stressful situations. Some people may react more strongly than others. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### *Ways to cope with stress*

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch.
  - Try to eat healthy meals.
  - Try to exercise and get plenty of sleep.
  - Avoid alcohol and drugs.
- Try to do activities you enjoy.
- Talk with people you trust about your concerns and how you are feeling.

### **Need help? Know someone who does?**

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Call the Disaster Distress Helpline 1-800-985-5990, or text TalkWithUs to 66746
- Call Massachusetts Domestic Violence Resources 1-877-785-2020 or TTY 1-877-521-2601
- Call Brigham Health Domestic Violence Advocates (Passageways) 617-732-8753
- Call Massachusetts Mental Health Emergency/Crisis Services 1-877-382-1609
- Call or text Suicide Prevention Hotline 1-877-870-HOPE (4673)

Wellness tips advised by the Centers for Disease Control and Prevention (CDC).