

# COVID-19 ANXIETY: COPING WITH STRESS, FEAR, & UNCERTAINTY

It is a strange and challenging time right now. Not only have your kid's routines been interrupted, but yours have as well. They are looking to you to entertain them all while you are trying to be productive, whether that be with work or chores around the house. We are all anxious, but here are some ways to help cope with that added stress and fear.

## Give yourself grace

Seemingly all the rules have been tossed out the window with the constantly changing information we receive every day. It's OK to give yourself permission to cut corners to get through these unusual circumstances, i.e. screen time limits being tossed.

## Take care of your body and spirit

Keep practicing self-care by being kind to yourself; we are all a little more anxious than normal. Try to maintain a routine as best you can, but take time out for activities you enjoy, such as reading or playing a game. Go for a walk or take up a relaxation practice like deep breathing, meditation, or yoga.

## Remember sleep hygiene

You may be looking for a place to work in peace, but try to steer clear of working in bed. This can cause a disruption in your ability to differentiate between day and night, which can trigger insomnia and add to your stress.

## Stay informed – but don't obsessively check the news

Set boundaries and time limits on your news exposure from trustworthy sources. Only check in twice a day for 30 minutes at a time. Compulsively checking and reading updates will only add to your anxiety.

## Stay connected – even when practicing social distancing

We as human beings are social creatures. Although we are being asked to stay at home and practice social distancing that doesn't mean we can't still be social. Set up a day and time to connect with friends and family through video chats – e.g. Skype or Facetime – watch your favorite show together or just check in to see they are doing.

## Help others as much as you can

Though we can't physically be together we can still be there for each other. So, check on your elderly neighbors, volunteer to get their groceries (you can always leave them on their doorstep), make cards for the local assisted living homes, have the kids make videos to send to family and friends.

## Focus on the things you can control

When you feel yourself getting caught up in the uncertainty of what might happen, try to shift your focus back to things you can control. Take steps to minimize your and your family's personal risk: wash your hands frequently, avoid touching your face, stay at home as much as possible, eat healthy, get plenty of sleep and exercise.

## CABIN FEVER ACTIVITIES FOR KIDS

- Make a scavenger hunt
- Play hide and seek
- Learn origami
- Build something with popsicle sticks
- Make your own puppets and have a puppet show
- Silly fashion show
- Create a Stop Animation Movie
- Make your own dance/exercise video
- Make a blanket fort

## CABIN FEVER ACTIVITIES FOR ADULTS

- Write a letter to a friend or family member
- Organize your photos
- Start a new hobby – knitting, scrapbooking
- Tackle a home improvement project
- Rearrange the furniture
- Learn a new card/board game
- Make DIY bath bombs
- Take a virtual tour of a museum, zoo, or park