



Stress Management During COVID-19

We are all experiencing a state of increased stress and anxiety due to the current events, with unclear time frames and uncertainty of risk. Given the nature of circumstances, these types of reactions are completely normal for us and our children to feel and display, however we would like to all be more equipped in handling them so we can still go on to complete our daily tasks, and allow ourselves to socially connect, while we are remaining physically distanced!

1. Quickly recognize, acknowledge, and accept the reality of the situation.
2. Identify what exactly you're worried about. Make a list, weigh the likelihood of these risks, and break the list down to targeted categories.
3. Make plans for what you can control (problem focused coping), while recognizing what you can't and working on strategies to manage the feelings that come with that (emotion focused coping) – see below top 12 tips
4. Utilize media thoughtfully! Limit your consumption of news media. Use social media to stay connected, but avoid using it as a resource for scientific information. Refer to the CDC for scientific guidance, choose one reputable news source for local information or policy changes.
5. Be kind to yourself and others, as we are all experiencing a variety of stressors and have different ways of reacting and coping.
6. Use whatever means you have to stay in touch with loved ones, make time to be together.
7. **Above all, remember what stress management strategies work for you, and actually use them regularly to get through this challenging outbreak.**

Above information gathered from:

1. **Medical University of South Carolina:** Top 12 tips to relieve COVID-19 stress
<https://web.musc.edu/about/news-center/2020/03/25/covid-19-stress-relief>
2. **SUNY New Paltz:** Institute for Disaster Mental Health
<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>
3. **Centers for Disease Control and Prevention (CDC):** Mental Health and Coping during COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Additional Resources:

National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Very Well Mind: How to manage Financial Anxiety During the COVID-19 Pandemic

<https://www.verywellmind.com/managing-financial-anxiety-surrounding-coronavirus-4800849>

U.S Department of Veterans Affairs: COVID-19 Resources for Managing Stress

<https://www.ptsd.va.gov/covid/>

Johns Hopkins Medicine: Stressed About COVID-19, Here's What Can Help

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>

University of Southern California: To manage COVID-19 stress, develop healthy new habits and consume news in moderation

<https://news.usc.edu/167512/covid-19-stress-coping-healthy-habits-usc-social-science-experts/>

University of Iowa, Stead Family Children's Hospital: Managing stress during the Coronavirus outbreak

<https://uichildrens.org/health-library/managing-stress-during-coronavirus-covid-19-outbreak>