

# RECOGNIZING AND COPING WITH STRESS DURING COVID-19



## Is COVID-19 Stressing You?

### Stress during an infectious disease outbreak can include the following:

- ▶ Fear and worry about your own health and the health of loved ones
- ▶ Changes in sleep or eating patterns
- ▶ Difficulty sleeping or concentrating
- ▶ Worsening of chronic health problems
- ▶ Worsening of mental health conditions
- ▶ Increased use of alcohol, tobacco, or other drugs



### Consider these ideas to eliminate stress and stay active and productive during this pandemic:

- ▶ Walk your pets
- ▶ FaceTime friends or family
- ▶ GoogleDuo friends or family
- ▶ Zoom with colleagues or family
- ▶ Learn new dances
- ▶ Incorporate new garden projects
- ▶ Research healthy living ideas
- ▶ Research future travel sites
- ▶ Subscribe to a new magazine
- ▶ Try audiobooks
- ▶ Plant trees
- ▶ Go fishing
- ▶ Download apps like Lose It for weight loss or Instagram to stay connected
- ▶ Take time to vote in person or absentee
- ▶ Fill out your 2020 Census
- ▶ Try something new

Sources: The Centers of Disease Control and Prevention (CDC) CDC.gov, Terralon Chaney, Fort Valley State University Twiggs County Family and Consumer Sciences Agent

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