

Stress + anxiety

Coping during the Stay at Home Order



The coronavirus (COVID-19) outbreak may be leading to feelings of stress. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and seniors.



Everyone reacts differently to stressful situations

Older people and people with chronic diseases who are at higher risk for COVID-19 may respond more strongly to the stress of the crisis.

Feelings and stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
- Boredom and frustration because you may not be able to work or engage in regular day-to-day activities
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger if you think you were exposed to the disease because of others' negligence
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs



Things you can do to support yourself

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, pray or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Use grounding techniques

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.



Use practical ways to cope and relax

- Try to do activities you enjoy: play board games, read a book, dance to your favorite song or create something.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Make time to unwind. For example, take a mindful and relaxing bath or shower.
- Listen to calming music, or natural sounds like rain, ocean waves or animals



Connect with others

- Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:
 - Use phone calls, email, text messaging, and social media to connect with friends, family, and loved ones
 - Talk “face to face” with friends and loved ones using video chat
 - Talk about your feelings



Need help? Know someone who does?

If you or someone you care about is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, seek help.

- **Call 911** if your or someone else’s life is at risk.
- Contact your **healthcare team** if stress gets in the way of your daily activities for several days or weeks in a row.

6 STEPS TO PREVENT ILLNESS

 Wash hands for at least 20 seconds	 Avoid close contact
 Stay home if you're sick	 Cover coughs and sneezes
 Wear a face mask if you are sick	 Clean and disinfect

Find more information, visit [CDC.gov](https://www.cdc.gov)

- Contact the **Disaster Distress Helpline** by calling 1 (800) 985-5990; TTY 1 (800) 846-8517, or text TalkWithUs to 66746
- Contact the **National Domestic Violence Hotline** by calling 1 (800) 799-7233; TTY 1 (800) 787-3224

For more information, please email us at MemberHealthEd@RegalMed.com.

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