SUNDAY MORNING
HEALTH
CORNER

April is Stress Awareness Month
How to Cope with Stress During Coronavirus (COVID-19) Pandemic

The outbreak of coronavirus (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.[1]

Reducing Stress

- **While at home,** maintain a healthy lifestyle - including **proper diet, sleep, exercise and social contacts** with loved ones at home and by email and phone with other family and friends.

- **Don't use** smoking, alcohol or other drugs to deal with your emotions.

- If you feel overwhelmed, **talk to a health worker or counsellor and pray.** Have a plan, where to go to and how to seek help for physical and mental health needs if required.

- **Get the facts**. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

- Limit worry and agitation by **lessening the time** you and your family spend watching or listening to media coverage that you perceive as upsetting.

- Draw on skills you have used in the past that have helped you to **manage previous life's adversities** and use those skills to help you manage your emotions during the challenging time of this outbreak.

1) Coronavirus Disease 2019 (COVID-19): www.cdc.gov/coronavirus/2019

Additional content sourced from the World Health Organization

BALM IN GILEAD
THE INC.
™