

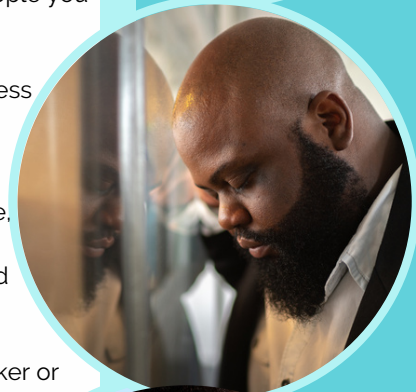
SUNDAY MORNING HEALTH CORNER

How to Cope with Stress During the 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.

You can increase your chances of long-term success if you follow these tips:

- 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.
- If you feel overwhelmed, talk to a health worker or counselor, and pray. Have a plan, where to go, 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 the 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.



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