

Experiencing, Coping with Stress during the COVID-19 Pandemic

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children.

If you're struggling, know that there is nothing inherently wrong with you.

Everyone reacts differently to stressful situations like COVID-19. You may feel anxious, angry, sad, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about.

- Learn the common signs of stress.
- Make time to unwind and do things you enjoy
- Take a walk, exercise, or meditate.
- Realize what you can control and focus on those things that can provide you with some comfort.
- Talk with family and friends by phone, text, or email.
- Be aware of the signs of anxiety. While it's normal to be worried and stressed, people with anxiety tend to be more exaggerated in their feelings of worry and tension.

If you or a loved one is feeling stressed, overwhelmed, or having anxiety...“Ask for help.”

To learn more about stress and coping during the COVID-19 outbreak and how/where to get help, go to <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

REDUCE YOUR **STRESS**

- Know the common signs of stress
- Talk with family and friends by phone, text, or email
- Take breaks from news stories, including social media
- Practice healthy habits, including exercise



cdc.gov/coronavirus

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