

# Mental Health Messenger

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## Managing Anxiety Around COVID-19

### Common Signs of Distress

- 1 Feelings of numbness, disbelief, anxiety or fear
- 2 Changes in appetite, energy, and activity levels
- 3 Difficulty concentrating
- 4 Difficulty sleeping or nightmares and upsetting thoughts and images
- 5 Physical Reactions such as headaches, body pains, stomach problems, and skin rashes
- 6 Worsening of chronic health problems
- 7 Anger or short temper
- 8 Increased use of alcohol or drugs

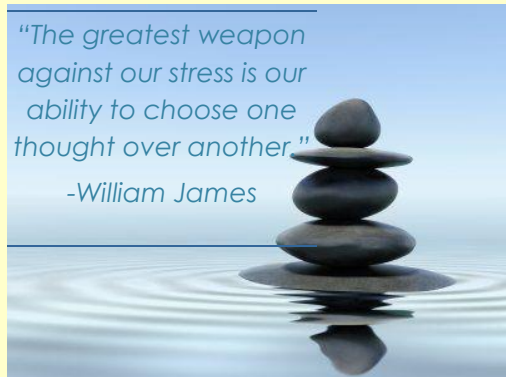
### Coping Skills

- 1 Take Care of your Body
- 2 Connect with Others Virtually
- 3 Take Breaks
- 4 Stay Informed but Avoid too much Exposure to News
- 5 Seek Help when Needed

### Understanding Your Anxiety

It's a frightening time. We're in the midst of a worldwide pandemic, with cities and even entire countries shutting down. Everyone is being affected by coronavirus, and bracing for what may come. Watching the headlines constantly wondering, "What is going to happen next?"

For many people, the uncertainty is the hardest thing to handle. We don't know how exactly we'll be impacted or how bad things can get. This can make it all too easy to catastrophize and spiral into overwhelming dread and panic. But there are many things you can do, even in the face of this unique crisis, to manage your anxiety and fears



*"The greatest weapon against our stress is our ability to choose one thought over another."*  
-William James

### Improve Your Sense of Control and Ability to Endure

Accept circumstances that cannot be changed and focus on what you can alter.

Modify your definition of a "good day" to meet the current reality of the situation.

Problem-solve and set achievable goals within the new circumstances in your life.

Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk to maintain as much of your normal routine as possible.