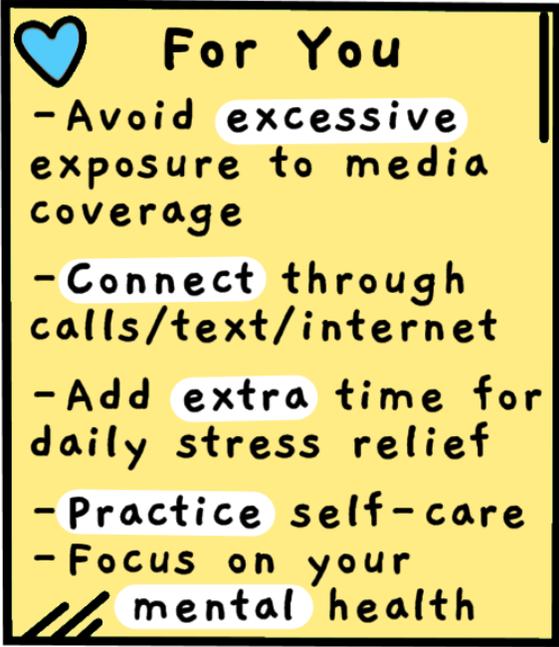


# MANAGING CORONA VIRUS (COVID-19) ANXIETY



**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting



**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine

*Article courtesy of ADAA, Anxiety and Depression Association of America  
Written by Aarti Gupta, PsyD*

Since the World Health Organization declared the COVID-19 outbreak a global pandemic, many of us, even those who have not been infected by the virus, will choose to quarantine in our homes for the upcoming weeks. Capsized travel plans, indefinite isolation, panic over scarce re-sources and information overload could be a recipe for unchecked anxiety and feelings of isolation. Here are a few pointers that could help you survive spiraling negative thoughts about this uncertain time.

### 1.) Reframe “I am stuck inside” to “I can finally focus on my home and myself”

As dismal as the world may feel right now, think of the mandated work-from-home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you’ve always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

### 2.) Stay close to your normal routine

Try and maintain some semblance of structure from the pre-quarantine days. For those individuals with children, sticking to a routine might be easier; however as you work from home, it could be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. Wake up and go to bed around the same time, eat meals, shower, adapt your exercise regimen, and get out of your PJ’s. Do laundry on Sundays as usual. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it’s time to get back to work.

### 3.) Avoid obsessing over endless Coronavirus coverage

Freeing up your day from work or social obligations gives you plenty of time to obsess, and if you have a tendency to consult Google for every itch and sneeze, you may be over-researching the pandemic as well. Choosing only certain credible websites (who.int or cdc.gov is a good start) for a limited amount of time each day (perhaps two chunks of 30 minutes each) will be in your best interest during this time.

### 4.) A chaotic home can lead to a chaotic mind

With all the uncertainly happening outside your home, keep the inside organized, predictable and clean. Setting up mental zones for daily activities can be helpful to organize your day. For exam-ple, try not to eat in bed or work on the sofa- just as before, eat at the kitchen table and work at your desk. Loosening these boundaries just muddles your routine and can make the day feel very long. Additionally, a cluttered

home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

#### 5.) Start a new quarantine ritual

With this newfound time, why not do something special during these quarantined days? For ex-ample, perhaps you can start a daily journal to jot down thoughts and feelings to reflect on later. Or take a walk every day at 4pm, connect with your sister over FaceTime every morning, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.

#### 6.) Use telehealth as an option to talk to a professional if your anxiety becomes unmanageable

Many licensed [psychologists are offering telehealth options](#) over HIPAA-compliant video chat platforms. Remember to reach out for help if your anxiety is reaching proportions that is unmanageable without professional help.

Letting go of illusions of control and finding peace in the fact that you are doing your part to “flatten the curve” will certainly build mental strength to combat the stressful situation the whole globe is experiencing.