

Coping with Covid Anxiety

Dihmes & LaPenna, 2021

In these unprecedented times, it is normal to experience feelings of anxiety, stress, uncertainty, and fear. Here are some tips to help cope with difficult feelings surrounding the COVID-19 pandemic.

Unplug from social media

every once in a while to avoid reading inaccurate information and stories

Stay connected

with others, even if physically isolated

Maintain a routine

to help keep a sense of normalcy. Try to stick to your regular sleep, meal, and work schedule if possible

Be self-compassionate

if you're experiencing more anxiety than usual. You're doing the best you can to cope with a difficult situation!

Find ways to exercise

staying active helps to relieve anxiety and stress

Focus on the things you can control

such as washing your hands, staying home if you feel sick, getting plenty of sleep, and social distancing