

Staying calm during the coronavirus pandemic

What can I do if I'm feeling stressed or anxious?

- **Plan ahead.** Make sure you have adequate supplies at home and plans for childcare and working from home, if that is what you are doing.
- **Establish routines and schedules.** Do you have kids who are home from school? Consider drawing up and posting a daily schedule, with times for learning, play, exercise, chores and other items.
- **Practice mindfulness by focusing on things within your control,** such as your daily routine, and things in your life that are positive, such as family or friends.
- **Exercise.** Take walks and get fresh air. Build this into your daily schedule at regular intervals.
- **Incorporate joy into your schedule too!** Play with your kids or a pet. Listen to music. Watch a funny movie.
- **Eat a healthy diet.**
- **Limit media exposure** and stay informed with trusted sources.
- **Get adequate sleep** and limit screen time before bed.
- **Remember it's normal to feel anxious during stressful times.** Be kind to yourself. It's important to take care of yourself so you can help take care of others.



Accessing care

Are you or a loved one struggling to manage stress, anxiety or depression? We are here to help. Please call us. Phone and video appointments are available.

1-800-673-2514

Resources: www.WellSpan.org/EAP

