There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Passing the virus onto others, especially those that are at high-risk
- Concern about the health of your friends and family
- Financial stress
- Not being able to connect with friends and family in the way you’ve used to
- Taking care of and supporting your family
- Shortages of certain common supplies

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the ways you can control include:

- Keep a healthy diet
- Exercise or work out
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene
- Your house, your bedroom, your closet, your kitchen – now is the time to clean them
- Make responsible choices about when to leave the house and only go out if absolutely necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high-demand so other people can have enough of the materials they need
- If you take medicine, get refills and keep a monthly supply at home if possible

- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid greeting people by shaking hands, hugging or hugging
- Keep a feet of distance between you and anyone who is coughing or sneezing

- Stay home if you are sick from getting medical care
- Clean your countertops and doorknobs
- Disinfect frequently touched surfaces

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

- Uncontrollable worry or dread
- Stomach and digestion problems
- Trouble concentrating, making decisions, or working clearly
- Increased heart rate
- Changes in energy and appetite
- Irritability and/or restlessness

There are small things that can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

- Use a mindfulness meditation app
- Use an exercise app for daily, healthy, Call, and feel better
- Set a timer for when you get up and stretch or take a walk.
- Set boundaries with your phone
- Create a new routine
- Take deep breaths when you feel stressed

If you’re taking steps to manage worry and anxiety during the COVID-19 crisis but they don’t seem to be helping, there are additional resources you can take advantage of:

- Mental Health Screening
- Crisis Hotlines and Textlines

It’s free, private, and anonymous. Once you have your result, you will give you information and resources to help you start to feel better.

If you feel your life is struggling with your mental health, visit mhsbroad.org to check your symptoms.

If you are experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year. Call 1-800-985-9999 or text “Crisis” to 787-471 to reach a counselor.

If you are in crisis or on thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Call 1-800-273-TALK (8255) or text “TALK” to 741741.