

How to Cope with Anxiety During COVID-19

You're not alone if you're experiencing an increase in stress and anxiety right now.

Follow these steps to care for your mental health:



Stay grounded and present. Try not to predict the future. Understand this is temporary.



Reach out to your loved ones via phone or video, not just text or social media.



Identify reasons to be grateful.



Limit your news exposure. Stay informed but take a break if it becomes counterproductive.



Prioritize healthy eating and exercise. Go for a walk or run or do a home workout.



Get outside when you can. Social distancing doesn't have to mean staying indoors.



Stick to a routine if you're working from home. Schedule breaks and stop working at the end of the day.



Enjoy a hobby, read a book, spend time with your family or relax guilt free. Former commute time is a great time to devote to self-care.



Make time for meditation. [Headspace](#) has a free series called "Weathering the Storm" with exercises to help with stress and sleep.

For more on anxiety management during COVID-19, visit www.virusanxiety.com.

